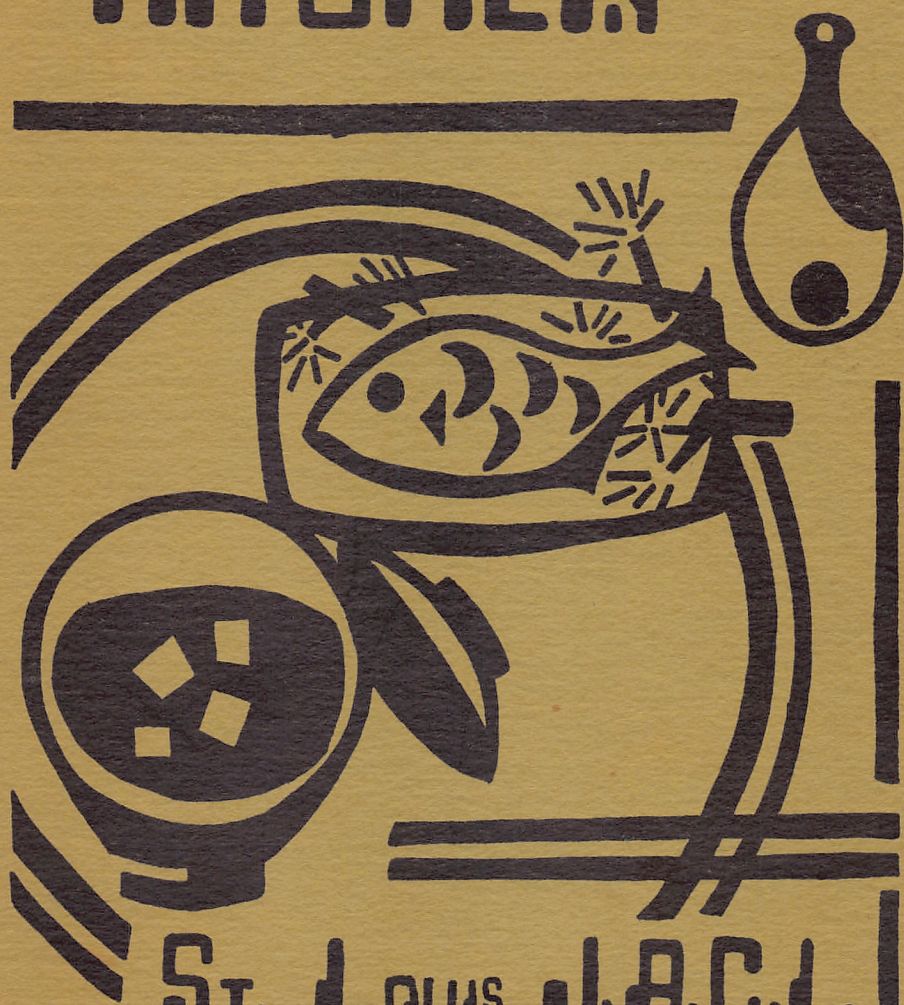


NISEI KITCHEN



ST. LOUIS J.A.C.L.

NISEI KITCHEN

Saint Louis Chapter
Japanese American Citizens League
1975

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THIRD PRINTING
APRIL 1977

A.C. GOODING PRtg. CO.

DEDICATION

From our ISSEI parents, the first generation of Japanese to live in America, we NISEI, the second generation, lovingly transmit the miracle of life and richness of heritage to our children, the SANSEI, or third generation.

ACKNOWLEDGEMENTS

This book has been compiled by members of the St. Louis Chapter of the Japanese American Citizens League, a national organization whose motto is "for better Americans in a greater America." Special thanks are due JACL officer George Hasegawa who saw its need and supplied encouragement over the many years of its creation.

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JAPANESE



ABOUT JAPANESE FOOD

To appreciate and understand a nation's foods, one must know the nature of the country itself and the characteristics of its people. Japan is made up of a group of small volcanic islands and the Japanese have long been dominated by its beautiful mountains, little arable land, and large population.

Thus, to the art of cooking, the Japanese bring a wealth of fish and shellfish from the seas along their long coastline. An endless bounty of vegetables and fruits is seemingly conjured up from small plots of intensively cultivated land. Their concern for texture and appearance reflects an artistic quality and resourcefulness in their lives. A consummate patience enables them to seek out unusual ingredients and to prepare and arrange them in ways pleasing to both eye and palate. Choice of utensils to harmonize with the food served in them and garnishes are given equal thought.

Careful attention to flavors and seasonings permits the Japanese to make the best possible use of limited resources. Meat, though short in quantity, must be long in quality. Vegetables and fruits must be picked at the precise moment of maturity and then sliced, peeled, or diced in a manner certain to bring out the utmost in flavor. And seafood must be literally snatched from waters adjacent to home or restaurant moments before preparation and serving.

(continued)

About Japanese Food (continued)

It is this heritage of Japanese cooking that is embodied in this collection of recipes. Besides bringing enjoyment and variety to our meals, Japanese cooking also seems to be in keeping with today's life style. It underscores the need to be at one with nature, utilizing the earth's resources wisely, emphasizing the use of protein-rich vegetables, and retaining natural flavors and vitamins through quick cooking.

It is hoped that friends and family alike will find inspiration, encouragement, and help in preparing new and remembered dishes. Besides Japanese foods, some Chinese and a few Polynesian favorites have been included. Not only do these foods appeal to the Japanese taste, but many key ingredients are used interchangeably, and the results join forces very well with other "oriental" fare.

GARDENING

Growing Japanese vegetables not only adds authentic touches to a Japanese menu, but also provides a great deal of pleasure and a sense of accomplishment as well. Moreover, gardening is in keeping with today's emphasis on preserving and restoring the earth's resources. It can be a means of returning to natural foods and natural methods of cultivation, and will most certainly involve some healthy physical exercise.

For those eager and willing to try, seeds may be purchased by mail from several reputable seed growers. One mail order house used with great success by many in the St. Louis area is the Kitazawa Seed Company, 356 Taylor St., San Jose, California, 95110. The amount of seeds in one packet is usually ample for the average family garden plot.

The most important factor in having a good garden is the preparation of the soil prior to planting, no matter whether one wants to raise vegetables or flowers. The soil should be turned over and fortified with peat moss, manure, and other fertilizers. Nothing grows well in clay, so conditioning with sand and humus may have to be continued for a long time in order to achieve loose, porous soil. Anyone reluctant to undertake this basic first step in gardening should forget about the pleasures of fresh, fully-ripened homegrown vegetables.

(continued)

Gardening (continued)

Kyuri, or Japanese cucumbers, can be planted in the spring after danger of frost and cold weather is over. These cucumbers, unusual because they are tender and practically seedless, should be staked to keep the fruit straight as they develop. Many consider Armenian cucumbers ideal for tsukemono. Snow peas will grow if planted either May 1st or August 1st, but the later planting seems to be more successful in the St. Louis area.

Shungiku, or edible chrysanthemum, has dark green, aromatic, tender leaves, and can be used in sukiyaki, tempura, and aemono. Seeds should be planted in the spring. When plants are five to six inches tall, leaves may be cut as needed, and plants will continue to grow.

Chinese parsley, or coriander, may be planted in spring for use in Chinese chicken salad.

For gobo, or burdock, soil should be sandy and loamy, and prepared to a depth of at least eighteen inches. Seeds should be planted in the spring, and the seedlings thinned until they are two to three inches apart. While gobo seeds are somewhat difficult to germinate, many gardeners succeed in harvesting a good crop of this long, slender, edible root.

Daikon should be planted in late July or early August. These long white radishes may

(continued)

Gardening (continued)

be cooked, pickled or simply grated raw for a condiment. Since the radishes grow a foot or more in length, the soil should be prepared to a depth of about eighteen inches. The seeds are planted in a row, fairly generously. At the "two leaf" stage, the seedlings are thinned so that plants are two inches apart. When plants grow fuller and become crowded, they should be thinned once again so that plants are four to five inches apart. At this stage, young plants can be used as greens for tsukemono, or Japanese pickles. Radishes should be ready for harvest by mid-October.

Hakusai, or celery cabbage, and takana, Chinese mustard greens, are best planted in early August. These plants should be thinned so that they are ten to twelve inches apart since they grow large. These greens should be harvested in the fall before danger of heavy frost.

PLANNING A JAPANESE MEAL

The true Japanese meal must appeal to the eye as well as the palate. Thus the changing of the seasons and many forms of nature have much to do with the decorative and infinitely varied porcelain and lacquered bowls used. Different foods are placed in individual dishes. Portions are cut into small pieces and eaten with chopsticks. Thus, no knives are used.

At formal dinners and ceremonial occasions, the Japanese custom is to place before each guest a lacquer tray on which are placed exquisite dishes and bowls containing carefully arranged portions of the various hot and cold foods. Besides the individual tables set for each guest, there are also a tea service and a wooden tub to hold rice. Warmed sake is served with meals.

The typical family meal usually consists of soup, several seasoned foods, and the all-important bowl of rice which, together with tea, appears three times a day. Even though this menu is much simpler than the elaborate company dinner, great care is always taken to include contrasting flavors, textures, and methods of cooking.

Rice, a staple food in Japan, involves many customs and rules of etiquette. Rice is never consumed all at once, but during the course of eating the other dishes in the meal, and generally only at the end of a

(continued)

Planning A Japanese Meal (continued)

formal meal. The chawan, or bowl, is filled with several portions served with the shamoji, or wooden paddle. Except for tea, nothing is ever poured over rice. If the diner desires more rice, a small mouthful is left in the bowl. And all rice accepted must be eaten, since it is considered sinful to waste such an important food.

Traditionally, a Japanese meal includes two soups, a thick miso type and a clear broth, but one is sufficient by modern "Western" standards. At least one fish course, one poultry course, and one vegetable or combination meat and vegetable course are customary. Rice, sunomono (raw or cooked vegetables dressed with vinegar), aemono (foods mixed with sauces), a dessert of fresh fruit, and tea complete the meal.

TEA

Tea is the most important beverage of the Japanese, and is served with each meal, to guests at any time of the day, and to customers entering a traditional Japanese shop. The tea is served in small porcelain cups without handles, and these in turn are placed upon small lacquer "saucers".

In the sixteenth century, the greatest of all tea-masters, Rikiu, instituted and brought to a high state of perfection the intricate formalities of the tea ceremony. For this ceremony, a green powdered tea is served in beautiful glazed bowls. The atmosphere to be achieved is one of aesthetic simplicity and complete tranquility and peace. The experience to be enjoyed is one of pleasure in the artistic sense and communion with nature.

Kinds of tea: Bancha - everyday tea, always served with meals.
Genmaicha- tea with toasted rice kernels, which add nutty flavor.
Gyokuro - fine tea made from tender young leaves.
Habucha - herb tea.

Procedure for making tea: (4 servings)
1 rounded Tbsp. green tea
2 cups boiling water

First, warm tea pot with boiling water. Pour slightly cooled boiled water over tea leaves and let steep 2-3 minutes. Tea is poured a little at a time into each cup until all cups are filled.

APPETIZERS AND PICNIC FOODS

Serve appetizers in lacquer trays, interesting serving platters or baskets, garnished with sprigs of nandina or aspidistra leaves cut into attractive designs and shapes for eye appeal. The following dishes may also be served as part of a Japanese meal.

YAKITORI

(Grilled Chicken on Skewers)

2 chicken breasts, cut bite size
5 green onions, cut into 2" lengths

Ta-re (Basting Sauce)

1/2 cup soy sauce
1/2 cup mirin
2 Tbsp. sugar
2 tsp. miso
dash MSG

Mix ta-re ingredients, except miso, in a small saucepan and cook about 10 minutes until slightly reduced in quantity; add miso and cook several minutes longer, stirring constantly. Cool. Marinate chicken pieces for 20 minutes. Skewer with green onions on bamboo skewers.

Brush skewers with sauce and grill on hibachi or broil in oven until lightly browned on each side. Baste several times with sauce during cooking. Serve immediately.

Variation: Green pepper chunks and button mushrooms may be added.

BEEF KUSHIYAKI
(Grilled Beef on Skewers)

- 1 flank steak, sliced thin diagonally
- 2 tsp. salad oil
- 1 tsp. sesame seed oil
- 2 Tbsp. sake
- 1-1/2 Tbsp. soy sauce
- 1 Tbsp. sugar
- 1 Tbsp. sesame seeds, toasted and ground
in suribachi
- dash MSG
- 1 green onion, chopped
- 1 clove garlic, minced
- 1 tsp. grated ginger
- 4 or 5 dashes Tabasco Sauce (optional)

Begin charcoal early for grilling meat.
Combine all ingredients in a bowl and marinate for 30 minutes. Thread meat on bamboo skewers and place on grill. After several minutes, turn and grill other side for several minutes longer. Do not overcook. Repeat until all the meat has been grilled. Serve immediately.

BEEF ROLLS

1/2 lb. string beans
6 slices breakfast steaks or very thinly
sliced beef

"Teri-Shoyu" Sauce:

1/3 cup mirin or 1/4 cup sugar and
1 Tbsp. sake

1/3 cup soy sauce

1/4 tsp. MSG

1 tsp. cornstarch mixed with 1 tsp. water

Bring mirin and soy sauce to a boil. Add
MSG and thicken with cornstarch mixture.
Set aside to cool.

Wash and clean the string beans. Cook in
boiling water with **SALT UNCOVERED**
until tender. Do not overcook. Rinse with
cold water and drain.

Take a slice of beef and brush the surface
with "teri-shoyu". Place 3 to 4 pieces of
string beans at one end and roll up like
jellyroll. Fasten with toothpicks. Repeat
until all the beef slices are used. Brown
beef rolls in skillet, turning carefully un-
til meat is tender and cooked. Brush with
sauce while cooking. Cut into bite size
pieces.

Variations: Asparagus or boiled carrot
strips may be substituted for string beans.

JAPANESE MEAT BALLS (Niku-Dango)

1 lb. ground or chopped chicken or
1/2 lb. ground chuck and 1/2 lb.
ground pork
3 Tbsp. carrots, grated
1 tsp. grated ginger
2 egg yolks
1/4 tsp. salt
3 Tbsp. bread crumbs
2 tsp. soy sauce
1/4 tsp. MSG
oil for frying
flour

Sauce:

2 Tbsp. soy sauce
2 Tbsp. mirin
2 Tbsp. sugar

Combine ingredients (except sauce ingredients) and mix well. Shape into small balls, dredge with flour and fry in small amount of oil.

Combine sauce ingredients in saucepan. Bring to a boil. Lower heat, add meat balls and cook until sauce is almost gone. Skewer one or two meat balls on a toothpick. Repeat with remainder of meat balls.

BROILED SHRIMP ON SKEWERS

36 shrimp
1/2 cup mirin
1/2 cup soy sauce
1/4 cup sugar
bamboo skewers

Shell and devein shrimp. Set aside. In a small saucepan, combine soy sauce, mirin, and sugar. Bring to a boil, reduce heat and simmer 3-4 minutes.

Place 2 shrimp on each skewer, dip briefly in soy sauce mixture. Broil over medium charcoal heat for 2-3 minutes, dipping in sauce once or twice during broiling. Serve hot. (Serves 10-12)

SHRIMP IN SHELL

1 lb. shrimp
1/3 cup sugar
1/3 cup soy sauce
1 Tbsp. mirin or sake
dash MSG

Wash shrimp. Slit backs with sharp knife or small scissors and remove sand vein, but do not remove shell. Combine sugar, soy sauce, mirin and MSG. Marinate 15 minutes. Cook over charcoal or cook on top of stove by bringing sauce to a boil and adding shrimp. Bring sauce again to a boil, cover and simmer 5 minutes. Served cooled as part of a picnic lunch or New Year Feast.

CUCUMBER-CRAB RING

2 cucumbers
1 can crab, flaked
1 Tbsp. dashi
1-1/2 tsp. sugar
1 tsp. soy sauce
beni shoga (pickled red ginger), slivered

Peel cucumbers, leaving some strips of green for color. Slice into 1/2" thick rings. Remove seeds; sprinkle insides lightly with salt. Mix all other ingredients in a bowl, except beni shoga. Fill and press mixture into each cucumber ring. Garnish with beni shoga.

ABALONE APPETIZERS

1 can abalone (reserve liquid
for soup)
shredded lettuce

Dipping Sauce:

1/3 cup soy sauce
juice of 1/2 lemon

Slice abalone; arrange on bed of lettuce. Mix soy sauce and juice of lemon to taste. Place in small bowl for dipping. Serve with toothpicks.

May be served as part of New Year Feast.

TAMAGO MAKI
(Japanese Egg Roll)

6 eggs
1 tsp. salt
6 tsp. sugar
6 tsp. dashi
2 tsp. shredded shrimp (optional)
1 tsp. minced parsley (optional)

Beat all ingredients together until well mixed. Set electric frying pan at 380°, or slightly hotter. Grease it well, especially at the beginning. Pour enough of the egg mixture to spread evenly over the pan, and when the top becomes set but not dry, start rolling (like a jelly roll), and pull rolled mixture to the front of the pan. Add more mixture and roll together. Continue until mixture is all used. Use a little salad oil, if needed, before each addition. Cool; wrap in paper towel. Makes about 24 slices, depending on size of pan.

Misa Izumi

OTHER APPETIZER SUGGESTIONS

Chicken Teriyaki, cut into small pieces,
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Inarizushi, page 70
Makizushi, page 66
Sashimi, page 85
Shrimp Tempura, page 81
Smoked Oysters, canned
Vinegared Rice with Fresh Tuna, page 65

SOUPS

Soup is a highly regarded part of a Japanese meal and includes two distinct kinds--clear broth, known as suimono and the thick, heavy potage-type, known as misoshiru.

Suimono is made from dashi, a light, clear fish stock flavored with soy sauce and salt. The stock and solid ingredients such as fish, meat, poultry and vegetables are prepared and heated separately.

Miso, a paste made from fermented rice and soybeans, is the basic ingredient of misoshiru. Fish, meat, vegetables and bean curd are added to a basic miso-flavored stock. There are 2 kinds of miso, white and dark. White miso is sweeter than dark miso. Stock or dashi is used as the basic ingredient and may be made from shaved dried bonito (katsuo-bushi) and dried kelp (kombu). Rice wine (sake) is often added for flavoring. Considered the most important single ingredient in Japanese cooking, it can also be made by purchasing Dashi-No-Moto, a commercially prepared dashi (add required amount of water and boil for approx. 10 minutes). There are 8 bags in a box, each bag makes 3 cups of dashi. There are other prepared dashi on the market. Many cooks keep dashi in the refrigerator for easy access. There is also a powdered dashi which is convenient when small amounts of dashi are needed.

The soup is never spooned out of the bowl but is drunk like tea directly from the

(continued)

Soups (continued)

bowl, which the diner holds with the tips of the thumb and first three fingers of the hand. Soup bowls are usually lacquer with lids which are taken off and placed upside down to the left of the diner and later replaced on the bowl. Soup is also served in porcelain bowls without lids, especially at family meals.

DASHI (Soup Stock)

1/2 cup katsuobushi (shaved bonito flakes)
3 sq. inch kombu (dried kelp)
1/4 tsp. MSG
3 cups water

Bring water to a boil. Add katsuobushi and kombu. Boil for 2 minutes. Turn off heat, remove kombu and let stand 10 minutes. Strain through fine sieve. Can be stored in refrigerator for a week and used as needed for Japanese recipes.

Dashi may also be prepared from Dashi-No-Moto, a commercial food product available where oriental foods are sold.

CLEAR SOUP (Sumashi)

4 cups dashi
1-1/2 tsp. soy sauce
1-1/4 tsp. salt
1/4 tsp. MSG
2 eggs, well beaten
1 green onion, slivered

In saucepan, bring dashi to a boil; add soy sauce, salt and MSG. Turn down heat until soup simmers, add eggs in thin stream by using a chopstick for eggs "to run down" while moving as quickly as possible across surface of soup. Eggs will float in threads when cooked. Serve immediately in lacquer bowls, garnished with green onions.
(Serves 6)

Variation:

6 slices kamaboko may be substituted for eggs.

6 matsutake (Japanese mushrooms) or sliced mushrooms may be substituted for eggs.

6-12 pieces tofu may be substituted for eggs.

CLEAR SOUP WITH CUSTARD
(Sukui Tofu Soup)

*Steamed custard cut in squares, resemble
tofu--although more delicate in texture--
"company fare."*

Soup:

4 cups dashi
1-1/2 tsp. soy sauce
1-1/4 tsp. salt
1/4 tsp. MSG
1 green onion, slivered

Custard:

3 eggs
1-1/2 cups dashi
1 tsp. salt
1 tsp. sake
dash MSG

Beat eggs and stir in remaining custard ingredients. Pour into baking pan. Steam 10-15 minutes until set. Custard may be steamed in oven by placing pan which has been covered with aluminum foil in a larger pan of hot water for about 15 minutes at 350° or in a steamer. Cut into small squares.

Bring dashi to a boil, add soy sauce, salt, MSG. Lower heat to simmer. To serve, place 3 or 4 pieces of custard in bowls, add soup and garnish with green onions.
(Serves 6)

CLEAR SOUP WITH SHRIMP BALLS
(Ebi No Kuzoyose)

A colorful, company soup! Lacquer bowls are a must!

Shrimp balls:

1/2 lb. shrimp, cleaned and deveined
1 Tbsp. cornstarch
1 Tbsp. dashi
1/2 tsp. salt

Soup:

4-1/2 cups dashi
2 shiitake (dried mushrooms)
1-1/2 tsp. salt
1-1/2 tsp. soy sauce
1/2 tsp. MSG
1 green onion, slivered

Soak shiitake in 1/2 cup warm water for 20 minutes with a pinch or two of sugar added. Discard stems and cut into thin strips. Set aside. Reserve water.

On a chopping board, mince shrimp. Set aside. Combine cornstarch, dashi and salt to make a paste. Spread paste on shrimp (on the board) and "chop" into shrimp.

Into a pot with an inch or two of boiling water, drop shrimp mixture by spoonful. Cook a few at a time and remove when floating. Set aside.

Add shiitake and water to dashi and bring to a boil. Add salt, soy sauce and MSG. To serve, place 3-4 shrimp balls in each individual bowl, add soup and garnish with green onions. (Serves 6)

HARUSAME SOUP
(Spring Rain Soup)

The addition of grated fresh ginger gives this tasty soup aroma and "zip".

6 cups chicken broth
1 Tbsp. sake
1 tsp. salt
1 or 2 shiitake (dried mushroom)
1 handful saifun (dried bean threads)
grated ginger, about 2 tsp.
green onions, slivered
12 boiled shrimp
1/2 tsp. MSG

Soak saifun about 1 hour. Cut into 2" lengths. Soak shiitake approx. 20 minutes in small amount of warm water with a pinch or two of sugar added. (Reserve water and add to chicken broth.) Discard stems, slice shiitake into thin strips and set aside.

Bring chicken broth to a boil, add shiitake, saifun and boiled shrimp. Lower heat, add salt and MSG. Just before serving, add sake. Place 2 shrimp, a slice or two of shiitake and saifun in each bowl. Add soup. Garnish with slivered green onions and a pinch of grated ginger. (Serves 6)

CHICKEN SOUP WITH SOMEN
(Chicken Soup with Vermicelli)

1/2 lb. chicken breast, sliced
2 oz. somen (vermicelli) boiled
1/4 lb. fresh mushrooms, sliced
5-6 cups chicken broth
1 tsp. salt
2 tsp. soy sauce
1/2 tsp. MSG
lemon peel (garnish)

Boil somen, rinse in cold water and drain.
Combine chicken broth, salt and soy sauce
and bring to a boil. Add chicken pieces
and cook 2 minutes. Add mushrooms and cook
a few minutes longer. Place pieces of
chicken, somen and mushrooms in each bowl.
Add hot broth just before serving and float
a lemon peel for garnish. (Serves 6)

CHAWANMUSHI
(Chicken and Vegetables in Custard)

Served as an appetizer or in lieu of soup

3 eggs
2 cups dashi
1/2 tsp. salt
2 tsp. soy sauce
1/4 tsp. MSG
1 Tbsp. mirin (optional)
1/2 chicken breast, cut into 8 pieces
4 shrimp, boiled, or 4 slices kamaboko
4 button mushrooms
4 bamboo shoot slices
spinach or watercress for garnish

Marinate chicken pieces in 1 tsp. soy sauce. Bring dashi to a boil, add salt, 1 tsp. soy sauce, MSG and mirin. Cool. Beat eggs and add to stock mixture. Strain, if desired. In 4 chawanmushi bowls (or rice bowls or large tea cups) add 2 pieces of chicken, one shrimp or slice of kamaboko, one mushroom, and one bamboo shoot in each. Pour in egg mixture, dividing evenly. Garnish with spinach leaf or sprig of watercress. Cover with lids or squares of aluminum foil. Place in steamer, dutch oven or covered roasting pan with about 1" hot water, and steam over medium heat for 12-15 minutes until set. Test by inserting toothpick. (Serves 4)

ABALONE SOUP

1 cup liquid from canned abalone
2 cups dashi
1/2 tsp. salt
1/4 tsp. MSG
1 tsp. soy sauce

Garnish:

chopped green onions, watercress or parsley
abalone, sliced
lemon peel

To abalone liquid, add dashi and bring to a boil. Add salt. Remove foam which forms. Add MSG and soy sauce. Simmer 5 minutes longer. Serve with one or more garnishes. (Serves 5)

TORORO JIRU (Mountain Yam Soup)

3 cups dashi
3 Tbsp. soy sauce
1 tsp. salt
1/2 tsp. MSG
1-1/2 cups grated yama-imo (mountain yam)
2 eggs
1 sheet nori, toasted and crushed
green onions, chopped

Bring dashi, soy sauce, salt and MSG to a boil. Cool. Set aside. In suribachi, grind grated yama-imo; add eggs, one at a time and grind well after each addition. Add cooled soup, a little at a time and continue grinding until well blended. Pour over hot rice or serve as a cold soup. Garnish with green onions and nori. (Serves 6)

MISOSHIRO
(Miso Soup)

Soup flavored with miso, a soy bean paste, is a hearty soup. Serve as a first course at family meals, but as a last course at a formal dinner.

6 cups dashi
2/3 cup miso (white)
1/4 tsp. MSG
3" square tofu
1 green onion, slivered

Dice tofu into 1/4" cubes. Heat dashi to boiling. Reduce heat to simmer. Mix together small amount of dashi with miso for easier handling, and add to dashi. Add MSG and tofu. Simmer 1 minute. Pour into lacquer bowls and garnish with green onions. (Serves 6)

SATSUMA JIRU

(Pork and Vegetables in Miso Soup)

A hearty, "cold weather" soup

1/2 lb. pork, sliced thin

6 cups dashi

1/2 cup miso

1 medium carrot, julienne

2 shiitake (dried mushrooms)

1 green onion, slivered

2-3 satoimo, sliced thin (optional)

Soak shiitake in 1/2 cup warm water with 1/4 tsp. sugar added for 20 minutes. Discard stems. Cut into thin slices. Set aside. In saucepan heat dashi, add pork, miso which has been mixed with dashi, shiitake, carrots, satoimo and MSG. Simmer 15-20 minutes (until pork is cooked).

Serve in individual bowls and garnish with green onions. (Serves 6)

SUNOMONO

Sunomono, or vinegared dishes, are the equivalent of salads and an important part of a Japanese meal. Sunomono, made with fresh, raw or boiled vegetables and often combined with shell fish, are flavored with vinegar, sugar and salt. A squeeze of lemon may be added for flavor and zest. Japanese vinegar is preferred; however, cider or white vinegar may be substituted. If white vinegar is used, dilute by adding 1 part water to 2 parts vinegar.

DAIKON AND CARROT SUNOMONO (Radish & Carrot in Vinegar Dressing)

This recipe is part of the traditional New Year Feast.

1 lb. daikon (Japanese radish),
1/2"x 1-1/4"x 1/4" or shredded
1 carrot, julienne or shredded
2 cups water
1-1/2 tsp. salt

Sauce:

1/2 cup Japanese vinegar or 1/3 cup white
vinegar and 3 Tbsp. water
1/2 cup sugar
1/4 tsp. MSG

Combine water and salt; add daikon and carrot. Soak 30 minutes. Squeeze liquid from vegetables. Set aside.

Combine sauce ingredients. Add vegetables. Serve in large bowl.

TURNIP SUNOMONO
(Turnips in Vinegar Dressing)

This dish will keep for a week if refrigerated. For chrysanthemum carrot slices, cut lengthwise 5 V-shaped grooves into a small carrot and slice very thin. Turnip may be cut into three or four pieces and each piece "sliced" with a vegetable peeler for uniformity.

- 1 lb. turnips, sliced in thin strips
- 1/2 carrot, sliced
- 1-1/2 tsp. salt
- 2 cups water
- 1/2 cup Japanese vinegar or 1/3 cup white vinegar and 2 Tbsp. water
- 1/2 cup sugar
- 1/4 tsp. MSG
- 2" square kombu, optional

Soak turnips and carrot in salt and water for 30 minutes. Squeeze liquid from vegetables. Place in bowl. Combine vinegar, sugar and MSG and pour over vegetables. Add kombu which has been rinsed. Refrigerate. Kombu may be cut into very thin strips before serving or may be discarded.

VEGETABLE SUNOMONO
(Vegetables in Vinegar Dressing)

The appearance of the vegetables is artistic as cut in this recipe. However, the carrot and radishes may be coarsely grated and the cucumber finely sliced to save time.

- 1 small carrot
- 1/2 cucumber, partially peeled
- 4 icicle radishes
- 3 Tbsp. Japanese vinegar (or 2 Tbsp. white vinegar and 1 Tbsp. water)
- 3 Tbsp. sugar
- 1/4 tsp. soy sauce
- 1/2 tsp. salt
- MSG

Cut carrot and cucumber each into 4 spears. Place carrot on cutting board and place a chopstick (waribashi are ideal) on each side of carrot. Slice thinly. You will observe that the chopsticks prevent slicing through completely. Remove chopsticks. Cut into 1/2" pieces. Repeat with remainder of carrot, cucumber and radishes. Place vegetables in bowl. Sprinkle with salt. Let stand about 15 to 20 minutes. Add water to almost cover vegetables. Squeeze water from vegetables. Place in bowl in refrigerator. Just before serving combine with dressing made of vinegar, sugar, soy sauce, salt and MSG. (Serves 5)

CRAB AND WAKAME SUNOMONO
(Crab and Seaweed in Vinegar Dressing)

Prepare and combine in a bowl:

1/2 to 1 can crabmeat, flaked
1 rib celery, slivered
wakame (seaweed), 3 strips about 8" long
(when soaked, yield 1 cup)
1 egg

Dressing:

1/3 cup Japanese vinegar (or 4 Tbsp. white
vinegar and 2 Tbsp. water)
2 Tbsp. sugar
1 Tbsp. water
1/4 tsp. salt
1/2 tsp. soy sauce
1 tsp. fresh ginger juice
MSG

Soak wakame in water to cover until soft (about 10 minutes). Drain water. Cut wakame into 1/2" lengths. Set aside. Beat egg lightly with 1 tsp. sugar and dash of salt. In lightly oiled medium-sized skillet, pour egg mixture to cover pan, cook over low heat until egg sets; using spatula, lift and turn over. Cook for a few seconds. Turn out onto a cutting board; let cool slightly, cut into thin 1" long strips. Combine wakame, crab, celery and egg strips. Set aside.

Use garlic press to extract juice from a piece of ginger about 1 square inch, or you may grate ginger and extract juice. Combine dressing ingredients.

Just before serving, blend crab mixture with dressing. Serve in individual bowls lightly mounded. (Serves 5-6)

CUCUMBER AND CRAB SUNOMONO
(Cucumber & Crab in Vinegar Dressing)

Probably the favorite of sunomono dishes, it can be made several hours before serving and refrigerated. A squeeze of lemon adds piquancy.

1 large cucumber
1/4 tsp. salt
1/3 can crab meat, flaked
1 Tbsp. sesame seeds

Sauce:

1/3 cup Japanese vinegar, or 4 Tbsp. white
vinegar and 2 Tbsp. water
4 Tbsp. sugar
1/2 tsp. salt
1/8 tsp. MSG

Toast sesame seeds in a heavy skillet until they brown and pop. Grind in suribachi, or chop. Set aside. Peel cucumber partially, leaving some green for color. Cut in half lengthwise; remove seeds if large. Slice very thin. Combine with 1/4 tsp. salt in bowl. Let stand 15 to 20 minutes. Meanwhile, combine sauce ingredients. Squeeze liquid from cucumber and discard liquid. Combine 1/3 sauce and cucumber. Refrigerate. Just before serving, drain liquid from cucumber; combine with crabmeat and remaining sauce. Serve in individual bowls. Garnish with sesame seeds. (Serves 5-6)

Variation 1: Boiled shrimp, abalone, clams, or other seafood may be substituted for crab.

Variation 2: Shellfish may be omitted entirely.

HARUSAME SALAD
(Bean Threads, Ham and Vegetables
in Vinegar Dressing)

2 oz. harusame or saifun (bean threads)
1 cucumber
1/2 lb. ham slivered
1/2 cake kamaboko, julienne
2 ribs celery, julienne
1 small carrot, shredded
2 eggs, beaten
2 tsp. sugar
dash salt

Dressing:

1/4 cup Japanese vinegar
1/4 cup sugar
2 Tbsp. lemon juice
1/2 tsp. salt
1/4 tsp. MSG
1 tsp. ginger juice (optional)
1 Tbsp. soy sauce

Cook harusame in boiling water for 5 minutes. Drain; chill in cold water and set aside. Peel cucumber in alternate strips, remove seeds and slice very thin. Sprinkle lightly with salt. Cut harusame into 2" lengths (discard water). Squeeze liquid from cucumber. Combine harusame, cucumber, ham, kamaboko, celery and carrot. Set aside. Combine beaten eggs with sugar and salt. Fry in thin sheets; cut into thin strips. Combine dressing ingredients and toss with harusame mixture and egg strips. (Serves 6)

Note: Cooked chicken may replace ham.

CABBAGE SUNOMONO
(Cabbage in Vinegar Dressing)

1 small cabbage, shredded fine
1 carrot, shredded fine
1/2 cup lemon juice
3/4 cup sugar
1 Tbsp. salt
1/4 tsp. grated ginger (optional)
1/4 tsp. MSG

Combine above ingredients. Place in covered container overnight or longer in refrigerator. Makes about 2 quarts.

Nancy Itogawa

VEGETABLE SALAD WITH CRABMEAT

Though not a Japanese recipe, this goes very well with teriyaki and barbecue.

1 7 oz. can crabmeat, flaked
1 head lettuce, broken into small pieces
1 cucumber, sliced
2 green onions, sliced
radishes, sliced
celery, sliced

Dressing: Combine
2 cups Hellman's mayonnaise
juice of 1/2 lemon
salt, pepper and MSG

Combine vegetables in bowl. Add crabmeat to dressing and pour over vegetables just before serving. Garnish with tomato wedges and sliced hard boiled eggs. (Serves 10-12)

Michi Shingu

AEMONO

Aemono, or foods with dressings, are also the equivalent of salads, but in contrast to sunomono which are prepared with vinegar dressings, aemono dishes are flavored with dressings made with sesame seeds, miso, tofu, or chopped nut meats. Aemono may be served along with a sunomono or as a substitution.

GREEN BEANS WITH SESAME SAUCE

Traditionally a favorite and easy to prepare

1 lb. green beans

Sesame Sauce:

3 Tbsp. toasted sesame seeds

1-1/2 Tbsp. sugar

2 Tbsp. soy sauce

1/4 tsp. MSG

Remove string and ends of beans. Cook in boiling salted water until tender. Do not overcook. Rinse with cold water and drain. Cut into 2" lengths. Set aside. Grind sesame seeds in suribachi. Combine with remaining ingredients to make sauce. Add cooked vegetable and mix well. Serve in individual small dishes or in a bowl.

Variation: Boiled spinach, cut into 2" lengths, watercress or celery cabbage may also be used.

GOMA AND MISO AE
(Sesame-Miso Dressing)

1-1/4 lbs. fresh green beans, or green
beans and carrots (slivered), or
asparagus, cabbage (sliced 1/2"
pieces), or bean sprouts

Dressing:

2 Tbsp. toasted sesame seeds
3 Tbsp. sugar
3 Tbsp. miso
3 Tbsp. soy sauce
dash MSG

Cut vegetable into 1-1/2" pieces. Parboil.
Grind sesame seeds in suribachi. Add sugar,
miso, soy sauce and MSG and mix well. Com-
bine with vegetable and toss. (Serves 6-8)

PEANUT AE
(Peanut Dressing)

1 lb. boiled green beans, or spinach, or
asparagus, or carrots

Dressing:

1-1/2 oz. roasted peanuts
1-1/2 Tbsp. sugar
2 Tbsp. soy sauce
1/4 tsp. MSG

Remove skins from peanuts; chop and grind in
suribachi. Mix together with sugar, soy
sauce and MSG. Toss with vegetable.
(Serves 6-8)

ASPARAGUS WITH SUMISO SAUCE
(Asparagus With Vinegar-Miso Sauce)

1 to 1-1/2 lbs. asparagus

Sauce:

3 Tbsp. miso (preferably white)

3 Tbsp. sugar

3 Tbsp. dashi

2 Tbsp. vinegar

1/4 tsp. MSG

1 Tbsp. sesame seeds, toasted

Cut cleaned asparagus into 1-1/2" lengths diagonally. Boil in lightly salted water for 10 minutes. Drain and set aside.

Mix sauce ingredients together in saucepan, except sesame seeds, and cook over low heat until thickened. Grind sesame seeds in suribachi and blend with sauce. Combine with asparagus. Serve at room temperature in individual small dishes. (Serves 6)

Variation: Daikon cut into 2" lengths and boiled with a few grains of rice added to remove bitter taste (serve one per person), or boiled broccoli, or cauliflower may be substituted for asparagus.

GREEN ONIONS WITH MISO SAUCE
(Negi Nuta)

A springtime favorite!

- 2 bunches green onions
- 2 strips wakame (dried seaweed), optional
- 1 can clams or 1 cup scallops, boiled and chopped

Miso Sauce:

- 3 Tbsp. miso
- 3 Tbsp. sugar
- 3 Tbsp. dashi
- 1 Tbsp. vinegar
- 1 tsp. dry mustard, mixed with 1 Tbsp. water

Wash green onions and remove ends. Parboil for 3 minutes. Drain. When cool cut into 2" lengths. Soak dried seaweed in water for 10 minutes. Remove vein. Cut into thin strips. Drain liquid from clams. Set aside.

Combine first 4 sauce ingredients. Cook 5 minutes until slightly thickened. Remove from heat and add mustard. Combine green onions, seaweed and clams with sauce.
(Serves 6)

FRIED EGGPLANT WITH MISO SAUCE
(Nasu No Shigiyaki)

A favorite with those who enjoy eggplant!

1 medium eggplant
2-3 Tbsp. salad oil

Miso Sauce:

1/4 cup miso (soybean paste)
1/4 cup sugar
2 tsp. soy sauce
1 Tbsp. mirin or sake
1/4 tsp. MSG

Pare eggplant in alternate strips. Cut into 1/2" slices and halve if large slices. Soak in water 10-15 minutes. Drain thoroughly and pat dry. Meanwhile, combine sauce ingredients. Set aside. Fry eggplant slices in oil until lightly browned on each side. Serve with sauce.
(Serves 5-6)

Variation: Green peppers are also delicious with miso sauce. Cut peppers in half and remove seeds. Cut lengthwise in wedges. Fry in oil. Peppers should be crisp. Serve with sauce.

CABBAGE AEMONO
(Cabbage with Sesame Sauce)

A little time-consuming to prepare, but an unusual and tasty recipe

3 shiitake (dried mushrooms)
3 abura age (fried bean curd)
1/2 cup dashi
1-1/2 tsp. sugar
3 Tbsp. soy sauce
1 medium cabbage

Sauce:

2 Tbsp. toasted sesame seeds
3 Tbsp. vinegar
1 Tbsp. dashi
2 Tbsp. sugar
1 tsp. salt
1/4 tsp. MSG

Soften shiitake in 1/2 cup warm water for 20 minutes. Add 1/2 tsp. sugar. Cut shiitake and abura age into thin 1" long strips. Bring to boil, dashi, sugar, and soy sauce. Add shiitake and abura age and cook until dashi is absorbed completely. Remove thick core portion of cabbage leaves and soak leaves in salted water for about 30 minutes. Drain, remove excess water and shred.

Grind toasted sesame seeds in suribachi. Add vinegar, dashi, sugar, salt and MSG. Combine all ingredients and mix well.

Canned seasoned age (Inarizushi-No-Moto) may be substituted for fresh abura age. Cut into thin strips and toss with cooked shiitake and cabbage.

SPINACH HITASHI
(Spinach with Dressing)

A traditional recipe

- 1 lb. spinach
- 2 Tbsp. soy sauce
- 2 Tbsp. dashi
- 1/4 tsp. MSG
- 1 Tbsp. toasted sesame seeds, or shaved bonito

Wash and parboil spinach for 2 minutes. Drain and squeeze dry; cut into 1-1/4" lengths. Mix soy sauce, dashi and MSG. Arrange spinach in shallow bowl, pour over dressing and garnish with toasted sesame seeds or shaved bonito. (Serves 4-6)

ASPARAGUS WITH PECANS

- 1 lb. asparagus
- 10 pecans or walnuts
- 5 Tbsp. sugar
- 3 Tbsp. soy sauce
- 3 Tbsp. vinegar

Cook asparagus until barely done and cut diagonally into 1-1/2" pieces. Crush or chop nut meats and combine with sugar, soy sauce, and vinegar. Place asparagus in serving dish and pour sauce over it. Garnish with additional pecans if desired.

Nikki Tanaka

CELERY CABBAGE PEANUT AE
(Celery Cabbage With Peanut Dressing)

A colorful, refreshing salad!

5 leaves celery cabbage, julienne
1 carrot, julienne

Dressing:

1/3 cup salted peanuts
2 Tbsp. vinegar
3 Tbsp. sugar
1/4 tsp. MSG
pinch of salt

In separate bowls add celery cabbage and carrots, and sprinkle salt generously to draw out water. Let stand 15 to 20 minutes. Remove salt by adding water and squeezing out liquid. Chop peanuts finely. Mix together dressing ingredients. Combine celery cabbage and carrot with sauce. (Serves 6)

Nikki Tanaka

SHIRA AE
(Vegetables with Tofu Sauce)

2 konnyaku, shredded
1 carrot, shredded
1 cup dashi

Sauce:

2 tsp. toasted sesame seeds
tofu, 4"x 4"x 2" (bean curd)
2 Tbsp. sugar
1-1/2 Tbsp. soy sauce
1/4 tsp. MSG

Boil konnyaku in water for 5 minutes. Drain.
Cook konnyaku and carrot in dashi for 5
minutes. Drain and set aside.

Put tofu in clean cloth and squeeze it gently
to remove excess water. In suribachi, grind
sesame seeds; add sugar, soy sauce and MSG.
Add tofu and mix well. Combine with konn-
yaku and carrot. Serve in small individual
bowls.

Variation: Parboil spinach and squeeze out
water. Cut into 1-1/2" lengths and add to
above.

SALMON AND DAIKON WITH DRESSING

1 lb. daikon, (Japanese radish)
1 7 oz. can salmon

Sauce:

1 Tbsp. vinegar
1 Tbsp. sugar
1 tsp. salt
1/4 tsp. MSG
juice of 1/2 lemon
beni shoga, slivered (garnish)

Remove bones from salmon, drain and break up into small pieces. Set aside.

Peel and grate daikon; drain juice. Set aside. Combine sauce ingredients. Season daikon with sauce. Add salmon and mix well. Serve in individual dishes and garnish with few strips of beni shoga. (Serves 4)

PORK AND VEGETABLES IN SWEET-SOUR SAUCE

Serve as a hearty side dish

1 lb. pork, sliced thin
8 celery cabbage leaves, 1" pieces
3 shiitake (dried mushrooms)
1/2 medium carrot, slivered
1 clove garlic, minced
dash cayenne pepper
soy sauce

Sauce:

2/3 tsp. salt
3 Tbsp. sugar
3 Tbsp. Japanese vinegar
1 Tbsp. soy sauce
1 Tbsp. sesame oil
3 Tbsp. water
dash MSG

Soak shiitake in warm water with 1/2 tsp. sugar added for 20 minutes. Discard stems and slice. Set aside. Parboil celery cabbage in lightly salted water with shiitake and carrot. Drain and set aside.

Lightly brown pork with garlic. Add cayenne pepper and sprinkle with soy sauce. Mix thoroughly.

Combine in bowl, celery cabbage, shiitake and carrot. Add pork. Combine sauce ingredients and blend with pork and vegetables. Let stand at least 10 minutes. Serve cold, lightly mounded in individual small bowls.
(Serves 8)

Florence Hiramoto

TSUKEMONO

Tsukemono are Japanese pickles served at the end of a meal with rice and green tea. Arrange attractively in a bowl or on individual small plates and serve with soy sauce, if desired. There are commercial tsukemono "makers" available in oriental stores. They are a good investment, as they are compact and convenient for storing in the refrigerator.

INSTANT CUCUMBER TSUKEMONO

1 cucumber
2/3 tsp. salt (approx.)
1 tsp. toasted sesame seeds
grated ginger, garnish

Slice cucumber paper thin. Sprinkle with salt and mix. Let stand about a half hour. Rinse with cold water. Squeeze to remove excess water. Place in refrigerator. To serve place small amount in individual dishes, garnished with sesame seeds and a pinch of grated ginger. Serve with soy sauce.

QUICK CUCUMBER TSUKEMONO

Delicious and refreshing!

1 cucumber
1 Tbsp. salt
1 Tbsp. lemon juice
1 cup water
1/2 tsp. MSG

Peel cucumber in alternate strips; halve lengthwise and remove seeds if very large. Slice 1/2" thick and put in bowl. Combine remaining ingredients in saucepan. Bring to a boil; cool, and pour over cucumber. Leave in brine for few hours or overnight in refrigerator. To serve, drain off brine. Serve with or without soy sauce.

Note: Brine can be used for other vegetables such as radishes, turnips or cabbage. Slice vegetables thin, except cabbage (1/2" thick). There should be enough brine to cover. Small plate may be placed on top as weight to keep vegetable covered with brine.

Misa Izumi

CELERY CABBAGE TSUKEMONO #1

Basic recipe--use also with cucumber, cabbage, turnips.

- 1 medium celery cabbage
- salt
- 1/4 cup raisins, or 1 tsp. sugar
- lemon juice
- sugar
- MSG
- soy sauce

Separate leaves of celery cabbage, wash and lightly salt both sides of each leaf. Criss-cross one leaf on top of other in large pan, or crock, sprinkling with raisins until all the leaves are used. Place plate on top to which weight has been added (pitcher of water may be used). Let stand overnight. Refrigerate.

To serve, cut celery cabbage into thin slices, discard raisins, and squeeze out excess liquid. Cut up only as much as needed at one time, allowing about 2 Tbsp. squeezed vegetable per person. For one cup celery cabbage, flavor with mixture of 2 tsps. lemon juice, 1 tsp. sugar and 1/8 tsp. MSG. Serve with soy sauce, if desired.

Note: Cucumbers peeled alternately in strips leaving some skin, cut lengthwise in half with large seeds removed, may be substituted for celery cabbage. Cut into 1/4" slices, and serve with soy sauce. Sliced turnips and cabbage wedges may be substituted for cucumbers. Cabbage should be cut in thin slices and core discarded.

CELERY CABBAGE TSUKEMONO #2

1 celery cabbage (about 1-1/2 lbs.)
leaves separated, or cabbage, quartered
1 Tbsp. vinegar
2 Tbsp. sugar
1/4 cup water
2 or 3 slices white bread
salt
MSG

Salt cabbage generously. Place in bowl or crock. Put bread slices between cabbage sections. Combine vinegar, sugar and water and pour over cabbage. Cover with plate smaller than width of bowl or crock. Place weight on top (not of iron), and let stand overnight.

To serve, rinse and squeeze liquid from cabbage. Cut into 1-1/2" lengths or into very thin slices, sprinkle with MSG, and serve with soy sauce.

Anne Matsuoka

QUICK CELERY CABBAGE TSUKEMONO

1 small celery cabbage, shredded
2 dried chili peppers
kombu (dried tangle), 2" square (optional)
1 Tbsp. salt
MSG

Break pepper pods into several pieces. Discard seeds. Put celery cabbage into small crock or bowl and sprinkle with salt. Add red peppers and kombu which has been rinsed in cold water. A tablespoon of water may be added to hasten drawing out water from celery cabbage.

Cover with lid or plate slightly smaller than diameter of container. Place stone or heavy object (not of iron) on top. Let stand at least one hour. Rinse quickly with cold water. Squeeze to remove excess water. Discard kombu. Red peppers may be left in for color. Sprinkle with MSG and serve with soy sauce.

TAKUWAN
(Pickled Japanese Radish)

*Grow your own daikon for this delicious,
very pungent tsukemono.*

1 gallon daikon
1/2 cup salt
1/2 cup vinegar
2-1/4 cups sugar
1 tsp. yellow food coloring
1/4 tsp. MSG

Cut daikon into 2" lengths. Cut into halves and cut each half into small wedges. Put into a large bowl. Set aside. In a saucepan, mix remaining ingredients together and heat until sugar dissolves. Pour over daikon and let stand about 1 hour before placing in jars. Refrigerate for 1 week before serving. Serve with soy sauce, if desired.

Note: Icicle radishes or celery cabbage, cut into 1-1/2" pieces, may also be substituted for daikon.

QUICK RADISH KOKO
(Pickled Radishes)

1 pkg. icicle radishes
2 tsp. to 1 Tbsp. salt
1/4 cup raisins
1/2 tsp. MSG

Wash radishes and remove ends. Place in bowl or crock, add salt, raisins and MSG. Cover with small plate and place a heavy stone or object (not iron) on top to draw out water from radishes. Let stand overnight. Slice and serve with soy sauce.

Variation: Red radishes, including leaves, may be substituted for icicle radishes.

Jean Eto

TAKANA TSUKEMONO
(Pickled Chinese Mustard Greens)

1 lb. takana
1/3 cup salt
1/2 tsp. MSG
1/3 cup raisins (optional)

Wash takana and place in colander. Pour 5-6 cups boiling water over it, then cool immediately by running cold water. Place takana in bowl or crock and sprinkle salt over it evenly. Add MSG and raisins and place in refrigerator for about a week to 10 days. To serve, wash in cold water and cut into 1/2" lengths. Serve with soy sauce.

Elisa Izumi

EGGPLANT KARASHIZUKE
(Eggplant With Mustard-Miso Sauce)

1 large eggplant
2-3 tsp. dry mustard (mixed with hot water
to make paste)
1/4 cup miso
1/2 cup sugar
1 tsp. soy sauce
salt

Cut eggplant into thin strips (1 x 1/2").
Put eggplant into bowl, sprinkle lightly
with salt and mix. Cover with small dish
and add weight on top. Let stand overnight
to draw out water from eggplant. Squeeze
out liquid. Set aside. Blend mustard paste,
miso, sugar and soy sauce and combine with
eggplant. Let stand in refrigerator for
2-3 days before serving.

NASU NO SHIOZUKE
(Pickled Japanese Eggplants)

10 small Japanese eggplants
2 Tbsp. salt
3 cups water
1/2 tsp. MSG

Wash and cut off stems of eggplants. Rub some salt on the skin as this helps to retain the nice purple color. Split them in half and place in deep bowl. Heat water, salt and MSG until salt is dissolved. Cool and pour over eggplants. Place a dish on top and weight down with a quart jar filled with water or some other means, like a rock. Pickles are ready to serve the next day. Cut into pieces. Do not cut too many at one time as they discolor (taste does not change). Store in the liquid in refrigerator to be used within 3 or 4 days.

RICE

Rice, to the Japanese, is more than a mainstay in the everyday menu. The cooked grain is served plain as an accompaniment to meats and vegetables, sugared and vinegared for festive dishes, sweetened for desserts, and fermented for delicious rice wine called sake. Any of these delicacies is considered a fitting offering to the gods. Consequently, much care and attention are given to the quality of the yearly rice crop and to the proper method of cooking it for each particular dish. Moreover, the stripped plants are woven into bulky but efficient rainwear, processed into fine white paper, and woven into smooth floor mats, or tatami. Thus, the planting and harvesting of rice form a most significant part of Japanese life.

Rice is harvested in the fall and in cooking new crop rice, use equal amounts of rice and water. As the rice loses its moisture, increase water amount gradually, e.g.:

	<u>Rice</u>	<u>Water</u>
Nov. thru Dec.	5 cups	5 cups
Jan. " Mar.	" "	5-1/4 cups
Apr. " June	" "	5-1/2 "
July " Aug.	" "	5-3/4 "
Sept. " Oct.	" "	6 cups

Using a heavy aluminum pot with tight fitting lid, wash rice in small amount of water. Drain water, add large amount of water,

(continued)

Rice (continued)

drain, and repeat until water becomes clear. Drain well and add required amount of cold water. Let rice stand for thirty minutes to an hour before cooking.

Bring rice to a rolling boil over high heat (5 to 10 minutes); turn heat low and steam for 20 minutes. Turn off heat; allow rice to stand undisturbed for 10 minutes. Fluff rice gently with wooden paddle or shamoji. Keep covered until ready to serve. (Yield approx. 8-10 cups cooked rice)

Note: To reheat rice, place in colander and place over 2" boiling water in a large pot. Cover and steam for about 15 minutes. Electric rice cookers are available at oriental stores.

NIGIRI (Rice Balls)

2 cups rice
2 cups water
black sesame seeds, toasted

Cook rice in the usual manner (page 54). When cool enough to handle, moisten hands with water, put about 1/2 cup rice in hand, sprinkle with salt and form into 2" ovals or form into triangular shape by using index and middle fingers and thumb of one hand to form an angle, rotating rice until an equilateral triangle is formed while pressing rice gently with hand holding rice to about an inch in thickness. If a wooden nigiri form is used, 6 small cylinders can be made by filling the cavities of form with rice and pressing down with other half of form. Be sure to moisten wooden pieces of form and sprinkle with salt before filling. Repeat process until all the rice is used. Garnish with sesame seeds. (Serves 6-8)

TAMAGO GOHAN
(Rice with Egg)

- 1 large bowl of steaming rice
- 1 egg, beaten
- 1 tsp. soy sauce

To rice in bowl, add beaten egg and soy sauce. Mix well--the hot rice will partially cook egg. (Serves 1)

Ajitsuke nori (flavored nori squares) or tsukemono is a good accompaniment.

OKAYU
(Rice Soup)

Served generally to one who is ill or when appetites wane.

- 1/2 cup rice
- 3 cups water
- 1/2 tsp. salt
- umeboshi (pickled plum), optional
- nori (seaweed), toasted, optional

Wash rice, using large saucepan. Add water and bring to a boil. After 10 minutes, turn down heat and simmer for 30-40 minutes. Add salt and serve with umeboshi or toasted nori, if desired. (Serves 2-4)

Variation: Ochagai--substitute 3 cups weak tea for 3 cups water.

SEKIHAN
(Rice with Azuki Beans)

Rice served on special occasions

1/4-1/3 cup azuki (red beans)
1 cup rice
1 cup mochigome (sweet rice)
1/4 tsp. salt
black sesame seeds, toasted

Wash azuki, add 1 cup water and salt and cook for 35 minutes, or until beans are tender. Set aside. Wash rice and mochigome together, add azuki and 2 cups water (including liquid in which azuki was cooked). Cook rice in the usual manner (see page 54). Serve, garnished with black sesame seeds. A dash of salt may be sprinkled on rice before eating.

RICE WITH CRAB AND EGGS

- 5 cups cold cooked rice
- 4 eggs
- 1 can crab, flaked
- 3 Tbsp. lard or oil
- 1 tsp. salt
- 1/4 tsp. MSG
- 1/8 tsp. pepper
- 1/2 cup peas, cooked (optional)

Heat pan. Add lard, heat until almost smoking. Reduce heat and add rice, then eggs in a thin stream (let eggs run down chopstick while moving chopstick rapidly over surface of rice) while stirring until rice is coated with egg and becomes separated. Add seasonings, peas and crab. Heat and serve immediately. (Serves 6)

RICE WITH PEAS

- 4 cups rice
- 4 cups water
- 1 Tbsp. salt
- 1 tsp. mirin or sugar
- 1 lb. peas

Parboil peas in boiling, salted water. Set aside.

Wash rice (see page 54), add water, salt and mirin. Let stand for 30 minutes to 1 hour. Cook rice in the usual manner. When water comes to a full boil, add peas, stir once and replace lid. Lower the heat to simmer and cook twenty minutes longer. Let stand 10 minutes undisturbed. Mix lightly with rice paddle. Serve. (Serves 6)

Jean Eto

KAMA-MESHI
(Rice Cooked with Chicken and Vegetables)

Add sunomono and miso soup to complete this menu.

- 2 cups rice
- 2 cups chicken stock
- 2 cups cooked chicken, diced
- 1 carrot, slivered
- 2 dried mushrooms or 1/4 lb. fresh mushrooms, sliced
- 2 abura age, cut up (optional)
- 1/3 cup soy sauce
- 2 Tbsp. mirin
- 2 tsp. sugar
- 1/4 tsp. MSG
- 1/2 cup green peas, boiled

Wash rice, soak 30 minutes and drain. Heat stock, add vegetables, chicken, abura age and seasonings and cook over medium heat for 20-25 minutes. Cool. Into washed and drained rice, measure 2 cups of liquid from cooked mixture. (Add stock or water to make 2 cups, if necessary.)

Cook rice in usual manner. In the final 15 minutes of steaming period, add cooked mixture and carefully mix together (cover with lid). Let stand another 10 minutes undisturbed before serving. Garnish with boiled green peas. (Serves 5-6)

Misa Izumi

OYAKO DOMBURI
(Rice With Chicken and Egg)

- 4 cups hot cooked rice
- 1 cup chicken breast, sliced
- 1/2 cup dashi (and reserved shiitake water)
- 2 Tbsp. mirin
- 2 Tbsp. soy sauce
- 1 Tbsp. sugar
- 1/4 tsp. MSG
- 2 shiitake (dried mushrooms)
- 1 takenoko, cut into thin strips
- 4 eggs, beaten
- 1 sheet nori, toasted and crumbled
- 2 green onions, chopped

Soak shiitake in 1/2 cup warm water with 1/2 tsp. sugar added for 20 minutes. Discard stems and slice into thin strips. Reserve water. Combine shiitake and water with dashi, mirin, soy sauce, sugar and takenoko in a skillet and bring slowly to a boil. Add chicken and simmer 5-10 minutes. Pour eggs slowly over all and continue to cook until eggs are coddled. Spoon over hot rice in individual covered bowls. Garnish with green onions and nori which has been toasted over low flame and crumbled. Place cover on bowls and serve immediately. (Serves 4)

Note:

Oyako Domburi--literally means parent-child in a bowl.

Tanin Domburi--literally means stranger in a bowl. Substitute pork for chicken.

Itoko Domburi--literally means cousin in a bowl. Substitute beef for chicken.

UNAGI DOMBURI
(Rice with Broiled Eel and Egg)

- 1 can unagi (eel fillets)
- 1/2 cup dashi
- 2 tsp. sugar
- 1-1/2 Tbsp. soy sauce
- 1 Tbsp. sake
- 1/4 tsp. MSG
- 1/2 cup green peas, boiled
- 2 eggs, beaten
- 1 green onion, chopped
- 1/2 sheet nori
- 3 cups steaming hot rice

Remove unagi from wrapper, set aside. In small skillet, heat dashi, sugar, soy sauce, sake and MSG. Add unagi carefully and simmer until heated through. Add peas, simmer additional minute. Pour eggs slowly over mixture and cook over low heat until eggs are coddled. To serve, place steaming rice in domburi or individual deep bowls. Spoon unagi-egg mixture over rice. Garnish with chopped green onions and nori which has been toasted over low flame and crumbled.
(Serves 2-3)

SOBORO DOMBURI
(Rice With Ground Beef and Egg)

An easy to prepare entree'

Meat Mixture

1 lb. ground chuck
3 Tbsp. sugar
3 Tbsp. sake or sherry
3-4 Tbsp. soy sauce
1/4 tsp. MSG

Egg Mixture

8 eggs
2 Tbsp. sugar
1/2 tsp. salt

6 cups steaming rice
1-1/2 cups green peas, boiled
beni shoga (pickled red ginger root),
slivered, (optional)

In skillet, cook meat with seasonings, stirring constantly until liquid evaporates.
Set aside.

Beat eggs slightly, add sugar and salt.
Pour into greased skillet; cook over low heat stirring constantly as in scrambled eggs until mixture is firm but not dry.

Mound rice in 6 bowls (domburi); arrange meat, eggs and peas alternately on top of rice. Garnish with beni shoga, if desired.
(Serves 6)

SUSHI RICE
(Vinegared Rice)

5 cups rice
5-6 cups water (see page 54)

Put rice in heavy aluminum pot and wash. Soak for 1 hour or longer. Cover pot and bring water to a boil. Just as water begins to boil over, turn heat to simmer and cook 20 minutes. Remove from heat and let stand undisturbed for 10 minutes.

Vinegar Syrup
1 cup vinegar (white)
1 cup sugar
2 tsp. salt
1/4 tsp. MSG

In saucepan, combine vinegar and sugar. Bring to a boil. Add salt and MSG. Cool.

In an enamel pan, transfer rice with wooden paddle. Sprinkle with vinegar mixture over hot rice while blending carefully with the wooden paddle, bringing rice from the bottom to the top so as not to mash the grains. Continue mixing until all the vinegar mixture is used. Fan to cool rice while mixing. This procedure gives rice a nice sheen. (Makes 10 rolls makizushi)

Note: Some cooks when cooking 4 or more cups of rice prefer to substitute boiling water for water just before cooking; however, rice must have soaked for several hours.

VINEGARED RICE WITH FRESH TUNA
(Maguro No Nigirizushi)

Serve as appetizers or as part of a meal

1 lb. very fresh tuna (maguro)
wasabi (Japanese horseradish) mixed with
water to make a paste
2 cups rice (cooked as in Sushi Rice, p.64)
soy sauce

Vinegar water used to dampen hands:

1/4 cup vinegar
1/4 cup water

With a sharp knife, cut the fish crosswise
at an angle into thin slices about 1"x 2".
Refrigerate.

Combine vinegar and water in small saucer.
Moisten hands with vinegar water. Take
about 2 Tbsp. cooled sushi rice and shape
into an oval. Spread a small amount of
wasabi paste on top, then a slice of fish
and gently press together. Repeat until
fish is used up. Serve with soy sauce.
(Diner dips one end of rice lightly into soy
sauce.) (Yield: about 30-40)

Variation: 1 lb. large shrimp may replace
fish. To prevent curling, insert toothpick
lengthwise along inner curves. Boil with
shells, remove shells and devein. Cut
shrimp three-quarters of the way through
inner curves and gently spread open, butter-
fly fashion. Marinate shrimp in 1/2 cup
vinegar syrup for about 30 minutes, turning
occasionally. (Vinegar syrup, page 64)

MAKIZUSHI
(Vinegared Rice Rolled In Seaweed)

Serve as appetizers, as part of a meal on festive occasions, or on picnics. As it is time consuming to prepare, filling ingredients may be prepared a day ahead, and the rice prepared and "rolling" completed the day to be served.

Filling:

Kampyo (dried gourd strips):

- 2 oz. kampyo
- 2 cups dashi
- 1/3 cup sugar
- 1/2 tsp. salt
- 1 Tbsp. soy sauce
- 1/4 tsp. MSG

In saucepan, soak kampyo in water for about 1 hour. Bring to a boil and cook for 10 minutes. Drain water. Add dashi, sugar and salt and cook about 30 minutes. Add soy sauce and MSG and cook slowly until tender or until liquid is absorbed (about 15 to 20 minutes longer). Cut into size width of nori.

Note: Kampyo which has been stored for a long period will take longer to cook.

Shiitake (dried mushrooms):

- 6-8 shiitake
- 1 cup dashi
- 1/4 cup sugar
- 1/2 tsp. salt
- 1 Tbsp. soy sauce
- 1/4 tsp. MSG

(continued)

Makizushi (continued)

Soak shiitake in 1 cup warm water with 1/2 tsp. sugar for 20 minutes. Discard stems, but reserve water. Combine shiitake water and remainder of ingredients in saucepan. Add shiitake and cook until tender (about 45 minutes) or until liquid is absorbed. Slice into 3/8" strips.

Unagi (seasoned eel):

1 can, cut into strips

or

Kamaboko (steamed fish cake):

Cut into strips 3/8"x 3/8"

or

Oboro Ebi (flaked shrimp):

1 can shrimp (6 oz.)

2 Tbsp. sugar

1/2 tsp. MSG

1 drop red food coloring in

1 Tbsp. water

Drain liquid from shrimp and mash with fingers. Place in frying pan. Add food coloring, sugar and MSG. Mix well. Cook over low flame, stirring constantly until shrimp is dry and flaky.

Spinach:

1 lb. fresh or 1 package frozen

Boil spinach leaves in lightly salted water until tender, or according to package directions. Do not overcook. After it has cooled, squeeze out excess water.

(continued)

Makizushi (continued)

Note: Parboiled green beans or celery strips (lightly sprinkled with salt and marinated in 1/4 cup vinegar and 2 Tbsp. sugar for several hours) may be substituted for spinach.

Egg strips:

- 4 eggs, beaten
- 4 tsp. sugar
- 1/4 tsp. salt
- dash MSG

Combine ingredients and mix well. In lightly oiled 10" skillet, fry egg mixture over low heat until eggs are almost set. Turn over, cook a few seconds longer and turn over onto cutting board. Cut into 3/8" strips.

How To Roll Makizushi:

Ingredients:

- Sushi Rice (page 64), cooled
- nori, 10 sheets
- prepared shiitake
- " kampyo
- egg strips
- unagi, kamaboko or oboro ebi
- boiled spinach
- slivered beni shoga for garnish

Vinegar water to dampen hands:
1/4 cup vinegar mixed with 1/4 cup water

(continued)

Makizushi (continued)

A sudare or bamboo mat for rolling makizushi is necessary (available at oriental stores).

Pass sheets of nori over flame on one side only. Set aside.

On bamboo mat, lay one sheet nori flush with front edge of mat. Place about 1 heaping rice bowl of sushi rice on nori and using finger tips moistened with vinegar water, spread rice evenly over nori, leaving 1" nori exposed on far end. Place prepared ingredients in rows about 1" from front edge, keeping ingredients close together. Roll into a cylinder with the help of the bamboo mat, taking care to enclose filling ingredients as you roll. When you reach the uncovered nori, sprinkle a few drops of vinegar water to seal and finish rolling. Wrap in bamboo mat, grasp firmly but do not squeeze and unroll bamboo mat.

Place seam side down on platter or tray until all the rolls are made. (Store in plastic wrap in a cool place but not in refrigerator.)

To serve, cut each roll into 8 pieces. Moisten knife with vinegar water as you cut. Serve on sushi tray with slivered beni shoga. (Makes 10 rolls) Serves 20-25.

INARIZUSHI
(Fried Bean Curd
Filled With Vinegared Rice)

12 abura age
3-1/2 cups dashi
2/3 cup sugar
1/2 tsp. salt
2 Tbsp. sake (optional)
1/4 cup soy sauce
MSG

Cut abura age or "age" in halves and slit to form pockets or bags. Pile them neatly into a pot and cover with water; bring to a boil and cook 10 minutes over medium heat. Rinse repeatedly with hot water to remove oil. Gently squeeze out excess water.

Pile abura age into pot again and cover with dashi. Add sugar, salt and sake and cover with a saucer smaller than pot to keep "age" from puffing up. Simmer--the longer the better until thoroughly cooked, at least 2 hours. Shake pan occasionally to season evenly. Add soy sauce and MSG and cook 30 minutes longer. When cooled, squeeze gently to remove excess liquid and set aside.

Sushi Rice Filling:

2 cups rice
2 to 2-1/2 cups water

Vinegar Syrup:

1/2 cup sugar
1/2 cup vinegar
1/2 tsp. salt
dash MSG

(continued)

Inarizushi (continued)

1 can Gomoku-no-moto (seasoned vegetables)

In saucepan, combine vinegar and sugar.
Bring to a boil. Add salt and MSG. Cool.

Prepare sushi rice according to procedure in Sushi Rice, page 64. Cool and set aside. Drain liquid from Gomoku can and add to rice. Pack rice mixture lightly into the "bags", leaving enough "age" to fold over rice. Shape into small mounds and place on platter or sushi tray.

Note: Canned seasoned abura age (Inarizushi-no-moto) are available at oriental stores. Depending on brand, there are from 15-18 halves in one can. If desired, contents may be heated and seasoned with 2 tsp. soy sauce, 2 tsp. sugar and dash of MSG.

CHIRASHIZUSHI
(Vinegared Rice Mixed With Vegetables)

Sushi Rice, page 64
6 shiitake (optional)
1/2 pkg. frozen peas, boiled
6 eggs
2 cans gomoku-no-moto (seasoned vegetables)
beni shoga, cut into thin strips
1 sheet nori (optional)

Prepare ahead:

Shiitake: 6 shiitake (see page 66)

Cut into fine strips.

6 eggs: For each egg:
1 tsp. sugar
dash salt
dash MSG

Combine ingredients and beat well. In lightly oiled 10" skillet, fry egg mixture over low heat until almost set. Turn over with spatula and cook one minute. Turn over onto cutting board. Repeat until all eggs are fried. Cut into 1/8" strips.

Gomoku-no-moto:
2 cans gomoku-no-moto
4 tsp. sugar
3 tsp. soy sauce
1/4 tsp. salt
dash MSG

Drain liquid from cans. In saucepan, add sugar, soy sauce, salt and MSG. When liquid

(continued)

Chirashizushi (continued)

comes to a boil, add gomoku and cook several minutes. When cool, squeeze out excess liquid. Set aside. (Gomoku may be used without additional seasonings, if desired.)

Nori: Toast over low flame for a few minutes. Crumble.

Directions:

Cook Sushi Rice. To cooled rice, add gomoku and shiitake. Mix gently with rice paddle to combine ingredients. To serve, mound rice on large platter. Decorate with slivered eggs and peas and place a few strips of beni shoga on top. Crumbled nori may also be sprinkled on top. If preferred, individual plates may be assembled in the same manner.

Variation: 1 lb. boiled shrimp, marinated in vinegar syrup (page 64) for about 30 minutes, may be added. Use as garnish or cut up and add to rice mixture.

UDON (Japanese Noodles)

1/2 lb. udon
6 cups water

In a large saucepan, bring water to a boil. Add udon and stir. Bring to a boil, add 1/2 cup cold water. Bring to a boil a second time, add another 1/2 cup water and bring to a boil. Remove from heat, cover and let stand 7 minutes. Drain, and place in colander. Run cold water over noodles. Drain. Just before serving, pour hot water over noodles. Drain and divide into bowls and add hot sauce. (Serves 4)

Udon Sauce:

4-5 cups dashi
2/3 cup soy sauce
1/2 tsp. MSG
1 tsp. sugar
dash of salt

Garnishes:

1/2 cup cooked chicken, sliced
4 mushrooms, sliced
4 green onions, cut into 1-1/2" pieces

Bring dashi to a boil, add soy sauce, MSG, sugar and salt. Add garnishes and cook few minutes longer.

Variation: Kamaboko slices or boiled shrimp may be substituted for chicken.

Note: A commercially prepared concentrated sauce (Menmi) is available at oriental stores.

NIKOMI UDON
(Noodles Cooked in Sauce)

*A delicious dish suitable for supper or
snack during cold weather*

1/2 lb. udon (Japanese noodles)
2-3 green onions, 2" pieces
4 shiitake (dried mushrooms)
1 chicken breast, sliced bite size
4 eggs
chopped green onions for garnish

Soup:

4 cups chicken broth or dashi
1/3 cup soy sauce
1/3 cup mirin (optional)
1 tsp. salt
1 tsp. sugar
1/4 tsp. MSG

Boil noodles (page 74). Cool with water.
Drain and set aside.

Soak shiitake in 1/2 cup warm water with a
pinch of sugar added to hasten softening for
20 minutes. Discard stems; cut each in two.
Add shiitake water to soup.

Make soup with chicken broth, soy sauce,
mirin, salt, sugar and MSG. Add shiitake,
green onions and chicken and cook 5-7 minutes.
Add noodles and stir well. Drop eggs, one at
a time, cover and cook 3 minutes or until
eggs are poached. Serve in bowls, being care-
ful not to break egg yolks. Garnish with
chopped green onions. (Serves 4)

UDON SUKI
(Noodle Sukiyaki)

1/2 lb. chicken meat, sliced thin
8 clams or scallops
8 mushrooms, fresh or dried
1 small head celery cabbage, 1-1/2" lengths
1/2 lb. spinach
5 cups dashi
1/3 cup soy sauce
1/4 cup mirin or sake
1 Tbsp. sugar
1/2 tsp. MSG
1/2 lb. udon (noodles), boiled
lemon juice

If dried mushrooms are used, soak in 1 cup warm water with 1/2 tsp. sugar added for 20 minutes. Discard stems and slice. Mushroom water should be used as part of dashi requirement. Wash and prepare spinach leaves. Drain. Combine dashi with soy sauce, mirin, sugar and MSG in a small pitcher. Arrange chicken, clams and vegetables on large platter. Put noodles in bowl.

Cook in electric skillet at table before guests. Pour 2/3 of stock mixture into skillet and bring to boil. Add part of chicken, clams or scallops, vegetables and noodles. Cook 5-6 minutes over medium heat. Serve with some broth and sprinkle with lemon juice. Add remainder of ingredients and sauce, cook and serve. (Serves 4-6)

ODAMAKI MUSHI
(Noodles With Custard)

2 cups boiled noodles
1 Tbsp. soy sauce
1/2 can red kamaboko (steamed fish cake)
or 2/3 cup ham, slivered
2 or 3 shiitake (dried mushrooms)
1/3 lb. spinach, boiled
4 eggs, beaten
3 cups dashi
1 tsp. mirin (sweet sake)
2 Tbsp. soy sauce
1 tsp. salt
dash of MSG

Mix boiled noodles with 1 Tbsp. soy sauce. Cut kamaboko into 1/8" slices. Soak mushrooms in half cup warm water with 1/2 tsp. sugar added for 20 minutes. Discard stems and slice. Cut boiled spinach into 1-1/2" lengths.

Mix eggs with dashi, mirin, soy sauce, salt and MSG. Divide noodles into 6 small bowls, add mushrooms, kamaboko and spinach, and pour in egg mixture. Cover with lids or squares of aluminum foil and steam for about 20 minutes. (May be steamed in roasting pan on top of stove.) Place bowls on plates and serve. (Serves 6)

SOBA
(Buckwheat Noodles)

Serve cold as a summertime treat or serve hot as the traditional New Year's Eve menu.

1 package (16 oz.) soba
2 sheets nori, toasted and crumbled

Dipping Sauce:

2 cups dashi
3-4 Tbsp. soy sauce
1/2 tsp. sugar
1/4 tsp. MSG

Condiments:

2 green onions, chopped
grated daikon (Japanese radish)

Combine sauce ingredients, bring to a boil.
Set aside.

Boil noodles until tender (about 7-8 minutes) stirring occasionally. Do not overcook.
Drain in colander and run cold water over noodles. Divide into 6 bowls, top with nori. Serve with dipping sauce in individual bowls. Green onions, or grated daikon may be added to sauce according to individual taste.
(Serves 6)

HIYASHI SOMEN
(Cold Summer Noodles)

Somen are fine noodles, served during the summer months as a refreshing luncheon or snack dish.

3 bundles somen (1/2 lb.)
6 cups water

Sauce:

1/2 cup dashi
1/4 cup mirin (or 2 Tbsp. sugar)
1/4 cup soy sauce
dash MSG

Condiments:

2 green onions, chopped
grated ginger
1 sheet nori, toasted and crumbled

In saucepan, combine sauce ingredients. Bring to a boil. Refrigerate. In saucepan, bring water to a boil, add somen, and cook 3 minutes. Do not overcook. Put in colander and run cold water over them. Set aside. Put each condiment in small bowls. To serve, place noodles in large individual bowls with crushed ice and serve with dipping sauce in individual small bowls. Add condiments according to individual taste. (Serves 4)

HIYASHI CHUKA SOBA
(Chinese-style Cold Noodles)

Noodles served with a sweet-sour sauce

9 oz. package chuka soba (noodles)
1 Tbsp. salad oil

Sauce:

2 cups dashi
4 Tbsp. soy sauce
3-4 Tbsp. Japanese vinegar (or 2-1/2 Tbsp.
white vinegar & 1 Tbsp. water)
1 tsp. salt
2 Tbsp. sugar
2 tsp. sesame oil

Garnishes:

1/3 lb. boiled ham, julienne (or left-over
roast)
2 eggs, beaten
1 cucumber, julienne
1 Tbsp. sesame seeds, toasted
1 Tbsp. beni shoga (pickled ginger),
slivered

Combine sauce ingredients and refrigerate.
Cook noodles in rapidly boiling water for
about 10 minutes or until soft. Drain and
rinse with cold water. Coat noodles with
salad oil to keep noodles separate.

Fry beaten eggs in two thin sheets and cut
into 1/8" strips. Set aside.

To serve, divide noodles into 4 large bowls.
Garnish each with ham, cucumber and egg
strips in wedge-shaped fashion over entire
surface. Add sesame seeds and slivered gin-
ger. Serve with sauce. (Serves 4)

SEAFOOD, POULTRY AND MEATS

TEMPURA

(Deep Fried Shrimp and Vegetables)

One of the favorites of Japanese recipes, tempura is shrimp and vegetables deep fried in batter and served with a sauce. Allow 2 pieces each of 3 or 4 vegetables and 3 large shrimp per person. For a party menu, sake (optional), soup, tempura, rice, tea, tsukemono and fresh fruit for dessert are suggested.

Suggested Ingredients:

Large shrimp or prawns--remove shell leaving tail attached. Split shrimp down center of the back and open flat. Remove vein. Place shrimp cut side down on cutting board and score to prevent curling. Shrimp may be dusted with flour before dipping into batter, if desired.

carrots, julienne

celery, julienne

green beans, remove ends

asparagus, remove tough ends

yams, slice 1/4" thick

green pepper, cut into 1/4" rings or strips

eggplant, peel, leaving alternate strips of skin, cut in half, slice 1/2" thick

edible chrysanthemum leaves (shungiku)

snow peas, remove ends

nori squares

salad oil (1/8 part sesame oil may be added)

(continued)

Tempura (continued)

Dipping Sauce:

2 cups dashi or chicken bouillon
4 Tbsp. soy sauce
4 Tbsp. mirin
1/4 tsp. MSG
grated daikon (optional)

Combine sauce ingredients (except daikon), and bring to a boil. Set aside. Put grated daikon in small bowl to be passed at the table.

Batter #1

1 egg yolk
1 cup ice water
1/8 tsp. baking soda
1 cup cake flour or flour

In a large bowl, combine egg yolk, ice water and baking soda. Sift in flour and mix lightly with chopsticks--batter may be lumpy but care should be taken not to overmix.

Batter #2

1 cup flour
1/2 cup water and 1/2 cup beer
1 egg yolk

Combine water, beer and egg yolk; sift flour into mixture and mix lightly.

Batter #3

2/3 cup flour
1/3 cup cornstarch
1 egg yolk
1 cup ice water

(continued)

Tempura (continued)

Combine egg yolk and ice water. Add flour and cornstarch gradually to mixture.

Prepare batter of your choice. Do not over-mix. Batter should not stand more than 10 minutes. Prepare additional batter as needed.

Preheat oven to 250°. As tempura is fried, place on cake rack in oven to keep warm. To keep foods crisp, do not stack.

Heat oil to 360°. If a drop of batter drops midway into oil and rises to the surface, the temperature is right. Dip one piece of food at a time into the batter to coat and drop into the hot oil. Fry carrots and celery in loose bunches. Nori squares and edible chrysanthemum leaves should be dipped to coat one side only. Fry shrimp last--hold by tail and dip into batter.

Fry only 6-7 pieces of food at a time. Turn the pieces after a few minutes to lightly brown other side. Drain on paper towels and place in oven. Repeat until all the ingredients have been fried. Serve with small individual bowls of dipping sauce. Grated daikon may be added to the sauce, according to individual taste.

Note: Prepared Hime Brand tempura mix and sauce are available at oriental stores.

Tendon Domburi: Place 4-5 shrimp tempura over hot rice in a deep individual bowl and serve with 1/4 cup sauce poured over top.

KAKI AGE

(Deep Fried Mixed Seafood and Vegetables)

- 8-12 oz. shrimp or scallops, cut into small pieces
- 1 carrot, slivered
- 1 rib celery, slivered
- 1 bamboo shoot, julienne
- 1 onion, halved and sliced
- oil for frying

Batter:

- 1 egg yolk
- 1 cup ice water
- 1/8 tsp. baking soda
- 1 cup flour

Dipping Sauce:

- 1 cup dashi
- 1/4 cup soy sauce
- 1/4 cup mirin
- dash MSG

In large bowl, combine egg yolk, ice water and baking soda. Sift in flour and mix lightly with chopsticks.

Add seafood and vegetables to batter. Heat oil in skillet; drop mixture into hot oil by the spoonful. When slightly browned on one side, turn to brown the other side. Drain on absorbent paper.

Combine dipping sauce ingredients in saucepan; heat through but do not boil. Serve in individual small bowls. (Serves 4)

SASHIMI
(Sliced Raw Fish)

1 lb. fresh tuna, fresh sea bass or fresh
striped bass
shredded lettuce
soy sauce

Condiments:

grated ginger
grated daikon
wasabi (horseradish), mixed with water to
make a paste
Coleman mustard, mixed with water to make
a paste

Remove skin and bones from fish (remove
dark portions of tuna). Cut against grain
into thin slices. Arrange on bed of shred-
ded lettuce. Serve with soy sauce in small
individual dishes, each diner adding condi-
ment of his choice. (Serves 4)

FISH COOKED IN SOY SAUCE
(Fish Nitsuke)

1 lb. fish (perch, sea bream, bass, etc.)
1/3 cup soy sauce
1/3 cup sake or water
3 Tbsp. sugar
2-3 slices ginger root

Cut fish into serving pieces. Mix and bring above ingredients to a boil, except fish. Add fish pieces, cover and cook over medium heat 5-7 minutes. Lower heat and continue cooking 10 minutes longer. (Serves 4)

SQUID COOKED IN SOY SAUCE
(Ika No Nitsuke)

1 lb. ika (squid)
3 Tbsp. sugar
4 Tbsp. soy sauce
3 Tbsp. sake
1/4 tsp. MSG

With tip of knife, remove eyes. Separate tendrils from body and discard ink sac. Discard triangular cartilage from cavity of body. Wash and drain. Cut into 1-1/2" to 2" pieces.

Bring to a boil, soy sauce, sugar, sake and MSG and add squid. Cook over medium heat 10-12 minutes. Do not overcook.
(Serves 4-5)

SALMON TERIYAKI

3 salmon steaks
1/2 tsp. salt

Sauce: Combine:

4 Tbsp. soy sauce
4 Tbsp. mirin or sherry
1 Tbsp. sugar

Salt salmon and broil until lightly browned.
Dip into sauce and broil again, basting
with sauce several times.

Masa Obata

SALMON WITH MISO SAUCE

4 salmon steaks
1/2 cup miso
2 Tbsp. sake or sherry
2 Tbsp. mirin
1/4 tsp. sugar
1 tsp. soy sauce

Sprinkle salt on salmon and set aside for
about 1/2 hour. Wipe moisture off with
paper towel.

Combine remainder of ingredients and rub
mixture over surfaces of fish and let stand
10-15 minutes or longer. Broil 5" from heat
for 5 minutes on each side or until cooked.
(Serves 4)

BAKED TROUT WITH MISO SAUCE

6 small trout
1/2 cup miso (bean paste)
1 green onion, chopped fine
1 Tbsp. Japanese vinegar or cider vinegar
2 Tbsp. sugar
1 Tbsp. sake
dash of pepper
salad oil

10 brussel sprouts

Sauce for brussel sprouts:

1 tsp. soy sauce
1/2 tsp. Coleman mustard, mixed with
2 tsp. water
1 Tbsp. sake or sherry
1 tsp. sugar

Combine miso, green onion, vinegar, sugar, sake and pepper; mix well. Stuff cavity of trout with 2 Tbsp. each of miso mixture. Brush trout with oil. Bake in hot oven 15-20 minutes. Garnish with brussel sprouts.

To prepare brussel sprouts: Boil in salted water 8-10 minutes or until tender. Drain and add 1 tsp. soy sauce. Allow to cool. Combine mustard paste, sake, sugar; mix well and marinate brussel sprouts in sauce for 20 minutes. (Serves 6)

STEAMED FISH (Chinese Style)

Whole striped bass or white fish, 3-4 lbs.

1/2 cup miso

1 tsp. grated ginger

1/2 cup soy sauce

1/2 cup salad oil

2 green onions, chopped

Make 3 slits on each side of fish. Combine miso and grated ginger. Spread over fish and into slits. Steam for 20-25 minutes (or steam fish on rack in covered roasting pan on top of stove). In separate saucepans, heat soy sauce and oil to boiling.

To serve, place fish on platter and pour soy sauce and oil simultaneously over fish. Garnish with green onions. (Serves 4)

ODEN

(Fish Cake and Vegetables Cooked in Sauce)

Kombu, 4"x 6" piece
9-1/2 oz. chikuwa (fish roll) sliced 1"
diagonally
7-1/2 oz. Satsuma age (fish cake) 1/2"
slices
10 oz. konnyaku, sliced 1/4" thick
1 daikon, cut into 1" pieces
4-5 satoimo or new potatoes, cut in halves
1 large takenoko, cut into chunks
1 can Inarizushi-No-Moto (seasoned "age")
1 med. can shirataki, cut into 2" lengths
1 carrot, slivered
1-2 shiitake
1 oz. kampyo, cooked (see page 66) for
tying "age"

Stock:

6 cups dashi	2 tsp. salt
3 Tbsp. soy sauce	3 Tbsp. sugar

Coleman's mustard mixed with water to make paste.

Soak kombu in water until soft. Cut into strips and tie each into bows. Set aside. Soak shiitake in 1/4 cup warm water for 20 minutes. Discard stems and slice thin. Reserve water and add to dashi. Combine shirataki, carrot, shiitake and fill seasoned "age" halves. Tie each age with kampyo. Set aside.

Combine stock ingredients in large pot. Add kombu, konnyaku, daikon, satoimo, takenoko, chikuwa, satsuma age and filled "age". Cook very slowly at least 2 hours. Serve with hot mustard. (Serves 10-12)

OKI SUKI
(Seafood and Vegetables Cooked in Broth)

A delicious "Bouillabaisse" which can be cooked at the table

2 8 oz. lobster tails, cut bite size
1 lb. fresh shrimp, deveined
1/2 lb. red snapper fillet, cut bite size
1/2 lb. fresh scallops
12 cherrystone clams or oysters
1/2 lb. king crab legs, chopped bite size
1/2 bunch green onions, 2" lengths
1 small celery cabbage, 1" lengths
1 cup shirataki (yam noodles)
1/2 cup bamboo shoots, sliced 1/4" thick
6 shiitake (dried mushrooms) soak in water
to soften, discard stems and sliced, or
12 fresh mushrooms, sliced
3 cups dashi
1/4 cup sake or sauterne
2 tsp. salt
1 tsp. soy sauce
pinch of MSG
pinch pepper

Arrange seafood and vegetables attractively on large platter. Combine dashi, wine and seasonings in a pan and bring to a boil. Add ingredients from the platter combining a few of each ingredient at one time. Simmer, uncovered, until just cooked. Serve with hot steamed rice. Repeat, cooking and serving in relays.

For table cooking, an electric frying pan may be used. The seafood and vegetables may be arranged in the frying pan before heating and the dashi combined with sake and seasonings added to just cover the ingredients. Cook at 360° until done. (Serves 6)

Masa Obata

TUNA WITH VEGETABLES

An economical, easily prepared dish suitable for "busy" days when there is little time and "nothing to fix"

- 1 7 oz. can chunk style tuna
- 1 rib celery, sliced thin diagonally
- 1 medium onion, sliced
- 1/2 green pepper, sliced or
2 green onions, 1" pieces
- 1/2 cup mushrooms, sliced, or left-over
vegetable
- 1 Tbsp. oil
- 1/2 tsp. salt
- 1 Tbsp. soy sauce
- 1/2 tsp. sugar
- dash MSG
- 2 eggs, beaten (optional)

In skillet, add oil and saute vegetables until tender but crisp. Add salt and mix well. Drain oil from tuna and add to vegetables. Break up any large pieces, add soy sauce, sugar and MSG and cook until tuna is heated through. If desired, beaten eggs may be added and stirred as in scrambled eggs. Serve with rice. (Serves 3)

MIZUTAKI
(Chicken, Seafood and Vegetables
Cooked in Broth)

This is a one-pot, do-it-yourself type of meal cooked at the table. A friendly and intimate style of entertaining during cold weather. A mongolian pot is available for cooking this popular and nutritious dish.

1 whole chicken breast, cut into 1" pieces
1/2 lb. fish fillet (sole, snapper,
halibut) cut into 2" pieces
1/2 lb. scallops
1/2 lb. shrimp, cleaned and deveined
1 lb. celery cabbage, cut into 2" lengths
1 bunch green onions, cut into 2" lengths
1 lb. spinach leaves
1/2 lb. fresh mushrooms, halved
2 takenoko, sliced thin (optional)
1 large tofu, cut into 1" squares
4 cups chicken broth, dashi or water
kombu, 4" square
1/2 tsp. salt
1/4 tsp. MSG

Ponzu Sauce (dipping sauce):

1/2 cup soy sauce
1/2 cup mirin
1/2 cup lemon or lime juice

Garnishes:

Grated daikon
Chopped green onions
Grated ginger

(continued)

Mizutaki (continued)

Arrange chicken and seafood on a platter and vegetables on a separate platter and set on table.

Place electric skillet in center of table; put kombu at bottom of skillet and add broth. Set temperature at 375° and bring to a boil; season with salt and MSG. Add few pieces of chicken, seafood and vegetables. Adjust heat if boiling too rapidly. Add tofu. Cook 4-5 minutes. Each person helps himself to food of his choice, dipping it into individual bowl containing sauce. Add garnish, if desired.

Continue to add more ingredients to the skillet until all is cooked. Ladle soup to be enjoyed at the end of the meal.
(Serves 6)

CHIRINABE--Substitute 1-1/2 lbs. red snapper, seabass or sea bream for chicken and sea food, and substitute water for broth.

CHICKEN TERIYAKI #1

This is a very popular method of preparing chicken and delicious grilled outdoors.

2 chickens (2-1/2 lbs. each), cut up

Marinade:

1 cup soy sauce

3/4 cup sugar

2 cloves garlic, crushed

1/4 tsp. MSG

1/4 cup sake, sherry or mirin (sweet sake)

1/2 tsp. grated ginger

Combine marinade ingredients and pour over chicken pieces. Marinate 2 hours or longer, turning pieces occasionally. Place chicken on cookie sheet, bake about 35 minutes at 350°. Turn pieces over brush with drippings, and bake 40 minutes longer, or a total cooking time of 1 hour 15 minutes. To glaze, brush with drippings. (Serves 6-8)

CHICKEN TERIYAKI #2

This teriyaki recipe is a price winner-- originally printed in the Pacific Citizen (JACL newspaper) years ago.

2 cloves garlic, minced
2 lb. frying chicken, cut into pieces
2 Tbsp. oil
2 Tbsp. water
1 tsp. grated ginger
2 Tbsp. sherry
1/2 cup soy sauce
1/2 cup sugar
1/4 tsp. MSG

Brown chicken and garlic in oil. Add water, cover and steam 15 minutes. In separate pan, combine ginger, sherry, soy sauce, sugar and MSG and heat through. Pour over chicken and cook 10-15 minutes to a glaze. Turn chicken several times during cooking.

Frances Kawazushi
Chicago, Ill.

IRITORI
(Braised Chicken and Vegetables)

2-1/2 lb. chicken deboned, cut up
2 squares konnyaku, cut into wedges
1 8-oz. can takenoko, cut into wedges
2 medium gobo, scraped, cut into wedges
1 large carrot, sliced diagonally
5 medium shiitake
1/4 lb. snow peas, ends removed
3 Tbsp. oil
5 Tbsp. sugar
3 Tbsp. soy sauce
1-1/2 cups dashi
1 tsp. salt
1-1/2 Tbsp. mirin or sake (if mirin is
used, decrease sugar 1 Tbsp.)
1/4 tsp. MSG

Soak dried mushrooms in 1/2 cup warm water
for 20 minutes. Discard stems and slice.
Set aside and reserve liquid.

In oiled frying pan, cook chicken quickly
until color changes. Transfer chicken to a
bowl and add 1 Tbsp. sugar and 1 Tbsp. soy
sauce. To oil remaining in the frying pan,
add vegetables (except snow peas) and
konnyaku. Stir until well coated with oil.
Add dashi and shiitake liquid and cook for
15 minutes. Add remaining sugar (4 Tbsp.)
and cook another 5 minutes; then add 2 Tbsp.
soy sauce. Add the marinated chicken to
the vegetables with salt, mirin and MSG and
cook until chicken is tender and almost all
the sauce is absorbed. Add snow peas dur-
ing last 3 minutes of cooking time.
(Serves 6-8)

CHICKEN STUFFED ABURA AGE
(Fried Bean Curd Filled With Chicken)

Abura age is a good source of protein.

- 1 can Inarizushi-No-Moto (15 abura age
halves)
- 1 large can shirataki, cut into 2" lengths
- 1 carrot, julienne
- 1 chicken breast, chopped fine or ground

Sauce:

- 3 cups dashi
- 3 Tbsp. sugar
- 3 Tbsp. soy sauce
- 1/4 tsp. salt
- dash MSG

Combine shirataki and carrot with chicken.
Fill abura age with chicken mixture. Place
carefully in saucepan, add sauce ingredients
and cook, covered, over low heat about 20-30
minutes. (Serves 6)

CHICKEN CURRY (Chicken Kare)

Adopted from India, curry is very popular in Japan.

- 3 Tbsp. butter or margarine
- 2 apples, peeled and diced
- 1 onion, minced
- 4 Tbsp. flour
- 1 Tbsp. curry powder
- 3 cups chicken broth, or half milk & broth
- 1/2 tsp. grated ginger
- 1 tsp. salt
- 1-1/2 Tbsp. soy sauce
- 1 medium carrot, diced and parboiled
- 2 cups cooked chicken

Melt butter in pan, add apples and onion. Cook over low heat for 5 minutes, covered. Make a roux (white sauce) by adding flour slowly to prevent lumps and stir until smooth. Mix in curry powder, then broth and continue cooking until smooth and thickened. Add grated ginger, soy sauce and salt, stirring constantly. Add chicken and carrots and heat thoroughly. Serve over steamed rice with Japanese pickles, if desired. (Serves 4-5)

Note: Boiled shrimp may be substituted for chicken.

SUKIYAKI

Sukiyaki is the most popular of all Japanese dishes. Its ingredients--tender beef, succulent vegetables, and savory sauce--are cooked right in front of the diner's eyes. The platters of beautifully arranged ingredients, showmanship of skillful cooking, and tantalizing aromas create an atmosphere difficult to surpass, but easily matched by the delicious results.

The word sukiyaki is made up of "suki" which means plowshare, and "yaki" which means fried. In ancient Japan, Buddhist beliefs forbade the eating of meat. When Admiral Perry introduced the Japanese people to western customs in the 19th century, the farmers hid in their fields and cooked meat by frying it on a scoured plowshare held over an open fire. Hence, this dish is traditionally prepared over a charcoal brazier or hibachi by the man of the house.

An electric skillet or combination of hot plate and iron pan is placed in the center of the table. Ideally the guests number from four to six so that all can help themselves as the meal progresses. The cooking may continue throughout the entire dinner, as the cook proceeds to keep a constant supply of delicacies ready for the diners to savor.

To cook sukiyaki, the nabe or pan is first thoroughly heated and then rubbed with a piece of suet. The beef is the most important ingredient, and should be thinly sliced

(continued)

Sukiyaki (continued)

sirloin or rolled rib. If the meat is partially frozen, it can be sliced easily, or perhaps a cooperative butcher will prepare it in the desired fashion. Besides the trays of artistically arranged meat and vegetables, small containers of dashi, soy sauce, sugar and sake would be at the cook's elbow. These ingredients for the sauce may be combined ahead of time and a pitcher of the resulting waridashi made available for the cook.

The beef may be cooked first and pushed to one corner when the vegetables are added, or this order may be reversed. In either case, the various ingredients must be turned carefully so as not to mix them haphazardly and thereby produce a "stew".

While the cooking is in progress, each guest helps himself--first dipping individual pieces in a small bowl containing a beaten egg. While this step is optional, true devotees insist that the egg not only adds another texture and flavor, but enables one to eat the steaming hot morsels at the height of their goodness.

MENU FOR SUKIYAKI DINNER

Sake, warmed, served in sake set

Miso soup or clear soup

Cucumber and crab sunomono

Sukiyaki served with rice and green tea

*Dessert Suggestions: Fruit Platter
Melon slices, in season
Senbei (Japanese sweet
cookies)*

SUKIYAKI

(Beef and Vegetables Cooked in Sauce)

2 lbs. rolled rib roast or boneless
sirloin steak
1 large onion, sliced 1/4" thick
2 takenoko (bamboo shoots), sliced
1 lb. celery cabbage, 1-1/2" pieces
1 8-oz. can shirataki (yam threads)
1 bunch green onions, 1-1/2" pieces
edible chrysanthemum leaves or spinach
leaves (optional)
1 cup mushrooms, halved
tofu, 3" cube, cut into 1" cubes
suet
6 eggs

Waridashi Sauce:

1/2 cup soy sauce
1/2 cup dashi
1/3 cup sugar
1/4 cup sake
1/4 tsp. MSG

(continued)

Sukiyaki (continued)

If rolled rib is used, ask butcher to partially freeze and slice very thin. When using sirloin steak, partially freeze and cut against the grain into slices 1/8" thick. Arrange beef slices and suet on a large platter. Combine sauce ingredients and put in small pitcher. Drain liquid from shirataki and cut into 4" pieces. Arrange vegetables with shirataki and tofu on another platter. Place beef, vegetables and sauce on table.

Place electric skillet in center of table and heat to 360°. Render suet to liberally oil pan. Discard suet and add half of meat and cook 1 minute. Push meat to one side of skillet and add half of onion, takenoko, celery cabbage and shirataki, keeping each separate, and half of sauce. Cook 2-3 minutes and add green onions, mushrooms, and tofu and cook 2 minutes longer. Chrysanthemum leaves or spinach may be added during last minute of cooking period. Care should be taken that vegetables are tender but remain crisp.

Each diner breaks egg into bowl and stirs with chopsticks. Food may be eaten directly from pan, dipping first into beaten egg, or transferred to individual plates. Continue cooking remainder of beef and vegetables with sauce, adjusting temperature so as not to overcook. A small amount of water or dashi may be added to sauce if necessary. (Serves 5-6)

SHABU SHABU
(Beef and Vegetables Cooked in Broth)

Similar to Mizutaki, substituting beef slices for chicken and seafood, this is a refreshing, and nutritious "winter" dish cooked at the table.

1-1/2 lbs. boneless sirloin steak
2 lbs. celery cabbage, cut into 1-1/2" pieces

1/2 lb. spinach
1 bunch green onions, 2" pieces
1 pint tofu, 1" cubes
2 carrots, julienne
1/2 lb. mushrooms, halved
6 cups chicken broth
4" square kombu
dash salt
dash MSG

Gomatare (Sesame sauce) for dipping beef:
Combine and divide into individual small bowls:

1 Tbsp. miso
1/4 cup sesame seeds, toasted and ground
2-1/2 Tbsp. mirin
1 Tbsp. sugar
2-1/2 Tbsp. soy sauce
1/2 cup dashi
1/2 tsp. salad oil

Ponzu Sauce (Dipping sauce for vegetables):
Combine and divide into individual small bowls:

1/2 cup soy sauce
1/2 cup mirin
1/2 cup lemon juice

(continued)

Shabu Shabu (continued)

Partially freeze meat, slice 1/8" thick; cut each slice in half. Set aside. Arrange beef slices, tofu and vegetables on platter and set on table.

Place electric skillet in center of table. Add kombu and about 4 cups broth and bring to a boil. Adjust heat so that stock simmers while food is being cooked. Each guest selects a piece of food, swishes it about in the broth until it is cooked and dips into one of the sauces. (The swishing sound, shabu shabu, gives this dish its name.) Add broth as necessary. When all the food is cooked, serve broth as soup, seasoned with salt to taste and MSG. (Serves 6)

TERIYAKI FLANK STEAK

Flank steak, 1-1/2 lbs.

Marinade:

1/2 cup soy sauce
2 Tbsp. salad oil
1/4 cup sherry
1/4 cup brown sugar
1/4 tsp. pepper
1/4 tsp. MSG
1-2 cloves garlic, crushed
1 Tbsp. grated ginger

Combine marinade ingredients. Pour over flank steak; marinate for 2 hours, turning occasionally. Remove from sauce; broil about 5 minutes on each side.

To serve, slice thin diagonally against the grain. Pour pan drippings over meat.
(Serves 4-5)

Asako Morioka

SAVORY FLANK STEAK

*This is a favorite "everyday" recipe--
enjoyed by the whole family.*

1 medium-sized flank steak
1/3 cup soy sauce
1 Tbsp. sugar
1/4 tsp. MSG
1 egg, beaten
1 clove garlic, minced
1/2 tsp. grated ginger
3/4 cup bread crumbs
3/4 cup flour
oil for frying

Slice flank steak diagonally against the grain about 1/4" thick "butterfly" fashion. (Every other slice should not be cut through completely. Each piece can then be opened out and laid flat as one slice.)

Combine soy sauce, sugar, MSG, egg, garlic and ginger. Marinate meat for 10 minutes. Dredge meat with mixture of bread crumbs and flour. Drop into hot oil (about 1/4" deep in pan) and fry a few minutes on each side until lightly browned. Place on paper towel to remove excess oil. Serve with rice. (Serves 5)

Buffy Murai

BEEF TERIYAKI AND PEA PODS

1 lb. beef sirloin, sliced thin
3 Tbsp. soy sauce
2 Tbsp. sake
1 Tbsp. sugar
1 tsp. grated ginger
1 small clove garlic, minced
1 green onion, chopped
1/2 lb. pea pods
oil for frying

Remove ends of pea pods. Wash and set aside. Combine soy sauce, sake, sugar, ginger, garlic and green onions in bowl, add sliced beef and marinate for 30 minutes but no longer than 1 hour. In skillet with small amount of oil, fry meat quickly over medium high heat, stirring until partially cooked, about 2-3 minutes. Add marinade and pea pods. Cook until pea pods are tender but crisp. (Serves 3-4)

Variation: Green beans, diagonally cut and parboiled, may replace pea pods.

BATAYAKI
(Beef and Vegetables Grilled In Butter)

*An easily prepared dish cooked at the table,
ideally for no more than 4 persons*

1-1/2 lbs sirloin steak
2 onions, sliced
1/2 lb. mushrooms, halved
1 bunch green onions, 1-1/2" pieces
butter
soy sauce (for dipping)

Slice beef thinly (partially freeze before slicing). Arrange on platter with vegetables and set on table. Preheat electric frying pan to 350°. Add a pat of butter and a portion of meat and vegetables. Cook several minutes. Diner serves himself, dipping cooked ingredient into a small bowl of soy sauce. Hot mustard may be added according to individual taste. Add butter and ingredients until all are cooked. Serve with rice. (Serves 4)

Hot mustard:
2 Tbsp. Coleman mustard

Add hot water to make a paste. Put in a small bowl and set on table.

BEEF STUFFED ABURA AGE
(Fried Bean Curd Filled With Ground Beef)

4 abura age
1/2 lb. ground beef or pork
1 green onion, chopped
MSG
1/4 lb. snow peas
1/4 tsp. sugar
1 tsp. soy sauce
1/4 tsp. ginger
1 tsp. cornstarch

Parboil abura age 15-20 minutes to remove oil. Drain and cut in halves. Combine beef, green onions, ginger, MSG, sugar, soy sauce and cornstarch. Stuff abura age with mixture.

Seasoned dashi:

2 cups dashi
3 Tbsp. sugar
1/4 tsp. salt
2 Tbsp. soy sauce

Combine dashi ingredients. Bring to a boil and add filled abura age. Cover with lid (or plate) that drops into liquid. Cook slowly until half of liquid remains. Remove abura age.

Parboil snow peas in lightly salted water. Drain; add to sauce and cook several minutes. Combine with filled abura age and serve.

Note: Inarizushi-No-Moto (seasoned abura age) available in cans at oriental stores may be used. Fill with ground beef mixture and cook in seasoned dashi for 30 minutes.

Florence Hiramoto

BEEF AND BURDOCK COOKED IN SAUCE
(Niku Gobo)

1/2 lb. gobo (burdock)
4 cups water
1/2 lemon, sliced, or 1 Tbsp. vinegar
1 lb. top sirloin, thinly sliced
2 Tbsp. salad oil
1 Tbsp. grated ginger
3 Tbsp. sugar
1/4 cup soy sauce
1 tsp. MSG

Scrape gobo and cut diagonally into 1/8" thick slices, or thin strips 2" long. Soak in water while cutting--drain. Add water and lemon slices to drained gobo and parboil 10 minutes. Drain and remove lemon slices. Heat salad oil in heavy skillet. Add meat and gobo and saute 5 minutes. Add ginger, sugar, soy sauce and MSG. Cover and simmer 20 minutes, or until well flavored.
(Serves 6)

GLAZED BEEF

1-1/2 lbs. sirloin steak
beef suet or salad oil
4 Tbsp. sake or sherry
3 Tbsp. soy sauce
1 Tbsp. sugar
1/4 tsp. MSG
1 tsp. grated ginger

Cut steak into pieces about 3" square. Heat frying pan and grease with suet or oil. Saute beef over high heat for 3 minutes on each side. Add sake. Combine remaining ingredients and add to beef. Lower heat to medium, and cook 5 minutes longer until beef is glazed. (Serves 4)

Variation: Glazed pork steak--cook on low heat until tender.

FRANKFURTERS IN SOY SAUCE

8 frankfurters
3 Tbsp. sugar
3 Tbsp. soy sauce
3 Tbsp. sake, dashi or water
1/4 tsp. MSG

Cut frankfurters diagonally into 1" pieces. Combine sugar, soy sauce, sake and MSG in saucepan and bring to a boil. Add frankfurters and cook on high heat for 2-3 minutes until well glazed.

Variation: One or two diced green peppers may be added. Peppers should be cooked until tender but remain crisp.

GROUND BEEF WITH EGGPLANT

An easy-to-prepare everyday dish

1 large eggplant, sliced 1" thick
1 lb. ground chuck
2 green onions, chopped
2 Tbsp. sugar
2 Tbsp. soy sauce
1 Tbsp. sake
MSG
2 eggs, beaten
flour
tomato, cut up (optional)
2 tsp. cornstarch (mixed with 1 Tbsp.
water)
oil for frying

Place eggplant slices in cold water for 10 minutes. Drain and pat dry. Dip in beaten eggs, dredge with flour and deep fry. Drain on paper towels.

In skillet, brown ground chuck with green onions; add sugar, soy sauce, sake and MSG. Tomato pieces may be added with seasonings. Mix well and cook about 10 minutes. Add cornstarch mixture and cook until thickened.

To serve, put a slice of eggplant on plate and top with meat mixture. (Serves 4)

GROUND BEEF WITH MIXED VEGETABLES

A quick and easily prepared "everyday" dish

- 1 lb. ground chuck
- 1 chicken bouillon cube dissolved in 1/2
cup warm water
- 1/8 tsp. pepper
- 1 medium onion, chopped
- 1 pkg. frozen mixed vegetables
- 1 tsp. salt
- 1 Tbsp. soy sauce
- 1/2 tsp. sugar
- 1 Tbsp. salad oil

Brown meat and onions in salad oil for 4-5 minutes. Add vegetables, salt, pepper and bouillon and continue cooking over medium heat for another 5-7 minutes. Add soy sauce and sugar and cook until vegetables are tender. Serve with rice. (Serves 4-5)

Variation: Add 2 or 3 beaten eggs just before serving. Mix well and serve over hot rice in deep individual bowls.

Anne Matsuoka

PORK UMAMI
(Pork and Vegetables)

- 1 lb. boneless pork, sliced 3/8" thick
- 4 shiitake (dried mushrooms)
- 1 cup bamboo shoots, cut into 1/2" pieces
- 2 medium carrots, cut diagonally, 1/4" thick
- 1 cake konnyaku, cut into 1/4" strips
- 3 sato imo, cut 1" thick or 2 red new potatoes, quartered
- 1 green pepper, cut lengthwise, 1/4" strips

Sauce:

- 3-1/2 Tbsp. soy sauce
- 3 Tbsp. sugar
- 1/2 cup reserved shiitake water
- 1/4 cup sake or sherry
- 1 tsp. grated ginger
- dash salt
- dash MSG

Soak shiitake in 1/2 cup warm water with 1/2 tsp. sugar for 20 minutes. Discard stems, quarter and reserve liquid. Set aside.

Place sauce ingredients in pot with pork pieces and simmer for 12 minutes, stirring occasionally. Transfer pork to bowl. Add shiitake, konnyaku, bamboo shoots, carrots and potatoes to remaining seasoned sauce in pot and cover. Cook on high heat and after coming to a boil, reduce heat and simmer 10-15 minutes until vegetables are tender but firm. Add cooked pork and green pepper about 3 minutes before end of cooking period. Stir occasionally. Carefully arrange in deep serving bowl. (Serves 6)

BOILED PORK DINNER (Yude Buta)

A simple, complete meal

7-8 cups water

2-1/2 lbs. rolled pork loin or deboned rib
pork roast, sliced very thin

1 cabbage, medium size

1 Tbsp. cornstarch, mixed with 1/4 cup
cold water

Cut cabbage into quarters. Remove core and center white veins from leaves. Wash and set aside in colander. In a large pot, add water and bring to a boil. Add cornstarch mixture (this gives pork a slight glaze and keeps fibers of meat from shrinking excessively). Place only 3 to 4 slices of pork in boiling liquid at one time, so as to keep liquid at a gently rolling boil. Cook about 5 minutes, depending on thickness of pork. Arrange on platter. Repeat until all pork is cooked. Cook cabbage in boiling liquid taking care that it does not overcook (about 10 minutes). Cabbage should remain crisp. Place on large platter. Reserve liquid for soup. Serve meat with Karashi Jyoyu Sauce and serve cabbage with Sumiso Sauce.

Soup:

6-7 cups liquid (reserved from boiling
pork and cabbage)

salt

MSG

1/2 tsp. grated ginger

2 eggs (slightly beaten)

chopped green onions for garnish

(continued)

Boiled Pork Dinner (continued)

Bring liquid to a boil. Add ginger, MSG and salt to taste. Add beaten eggs slowly by using a chopstick to let eggs run down into liquid while moving chopstick (makes for light fluffy eggs). Cook a few minutes over low heat. Pour into individual bowls. Garnish with green onions.

Karashi Jyoyu Sauce (Mustard and Soy Sauce):

1-2 tsp. Coleman mustard
3 Tbsp. soy sauce
2 Tbsp. Japanese vinegar (available at oriental stores)
1 tsp. sesame oil
dash MSG

Mix mustard with 2 tsp. hot water to make a paste. Add remainder of ingredients and blend well. Place in small serving bowl to be served with meat.

Sumiso Sauce (Vinegar and Miso):

1/2 cup white miso
1 Tbsp. sugar
2 Tbsp. dashi or water
2 Tbsp. Japanese vinegar
1 tsp. Coleman mustard mixed with 1 Tbsp. water

In small saucepan, add miso, sugar and dashi; blend well and heat until sugar is dissolved. Remove from heat and mix in vinegar and mustard paste. Put in serving bowl to be served with cabbage.

BUTADOFU
(Pork and Bean Curd in Sauce)

- 1 lb. pork steaks, thin sliced
- 2 Tbsp. oil
- 1 medium onion, sliced lengthwise
- 3 Tbsp. miso
- 1 tsp. sugar
- 1 cup dashi
- 1 tofu, 4" cube
- 1 green onion, chopped

Thickening sauce:

- 1/4 cup water
 - 1 Tbsp. cornstarch
 - 1-1/2 tsp. soy sauce
- MSG

In skillet brown pork in oil. Sprinkle lightly with salt. Add onion and cook about 5 minutes until limp. In a small bowl, combine miso, sugar and dashi; add to pork and onions. Add tofu which has been cut into 3/4" cubes.. Blend carefully and simmer 5 minutes. Combine thickening ingredients and add to pork mixture, stirring until thickened. Garnish with chopped green onions. (Serves 5)

MEATBALLS AND TOFU IN BROTH

4 cups boiling water
1 small celery cabbage
6 shiitake or 1/4 lb. fresh mushrooms
1 qt. tofu
2 Tbsp. soy sauce
1 Tbsp. sake
1 tsp. salt
1 tsp. sugar
dash MSG

Meatballs:

1/2 lb. ground pork
2 green onions, chopped fine
1 tsp. grated ginger
1 tsp. soy sauce
1 tsp. salt
2 tsp. cornstarch
1/2 cup water

Combine meatball ingredients. Form into 1" balls. Set aside.

Soak shiitake in 1 cup warm water to which has been added 1/2 tsp. sugar for 20 minutes. Discard stems and slice into thin strips. Reserve liquid and use as part of required water. Cut celery cabbage into 1-1/2" pieces. Cut tofu into 3/4" squares.

To boiling water in a large pot, add meatballs, mushrooms and liquid, and celery cabbage. Cook about 15 minutes or until meatballs rise to surface. Add tofu, soy sauce, sake, salt and sugar. Cook a few minutes longer. Serve in deep individual bowls. (Serves 4)

TONKATSU (Breaded Pork Cutlets)

1/2 medium cabbage
2 lbs. pork chops
2 eggs, beaten
flour and breadcrumbs
oil for frying
Tonkatsu Sauce (available at Oriental
stores)

Debone pork chops and remove fat. Salt and pepper and set aside about 5 minutes. Dredge meat with flour, dip in eggs, and roll in breadcrumbs. Fry the breaded meat in deep fat, turning often. When well browned, drain on paper towels. Serve with Tonkatsu sauce and shredded cabbage. (Remove leaves from cabbage and cut out the heavy vein. Cut leaves in two and stack several together. Shred with a sharp knife.) (Serves 5-6)

Note: Tonkatsu sauce may be prepared by combining 1 part ketchup with 1 part soy sauce.

GLAZED PORK STEAKS
(Pork Tsukeyaki)

4 pork steaks, thin sliced

Marinade:

1 Tbsp. grated ginger
3 small cloves garlic, minced
1 Tbsp. sugar
1/2 cup soy sauce
2 Tbsp. salad oil
1 Tbsp. sherry
1 Tbsp. vinegar
1/4 tsp. Coleman mustard, mixed with 1/2
tsp. water

Mix marinade ingredients together and let stand overnight in a covered jar.

Place meat in a shallow pan or bowl, pour marinade over the meat and let stand for about 20 minutes. Fry the meat in an ungreased pan until browned. Turn heat to low and cook for 20 minutes longer.
(Serves 3-4)

Kimi Shimamoto

DESSERTS

Fresh fruit is most often the dessert course of a Japanese meal. There are also confections made with red beans and kanten (agar-agar), a gelatin derived from seaweed. Several kinds of senbei (rice wafers) available at oriental stores may also be served.

YOKAN (Red Bean Cake)

2 sticks Kanten (agar-agar)
2 cups water
2 cups sugar
1-1/2 cups "An" (strained bean paste)
1/2 tsp salt.

Rinse Kanten and squeeze out water. Bring water to a boil, add Kanten and cook until melted. Add sugar and continue cooking just until sugar is dissolved. Strain through a fine sieve into another saucepan. Place over moderate heat and add the "An" (see page 123) and salt. Stir with wooden spoon as if kneading until mixture is quite thick and starch-like. Pour into 8 or 9" square pan and place in refrigerator. To serve, cut into 1-1/2" squares or rectangles. Serve with good green tea.

Note: When substituting canned "An", decrease sugar to 1 cup.

Anne Matsuoka

"AN"
(Sweetened Bean Paste)

Used as filling for manju and mochi recipes, "An" balls should be prepared ahead and refrigerated or frozen.

Strained Bean Paste (Koshi-An)
12 oz. azuki (red beans)
water
2 to 2-1/2 cups sugar
3/4 tsp. salt

1. Wash beans and add water to cover 1" above beans. Cook over medium heat about 2 hours after mixture comes to a boil, or until outer skins are broken and beans are soft. Test by mashing a bean between thumb and finger--it should mash easily and feel smooth textured. Care should be taken that water does not evaporate; add more water if necessary.
2. Put beans in blender with water added and purée. (Beans may be pressed through a course strainer or food mill, adding water for easier handling. Discard outer skins.)
3. Put strained beans in a cotton bag and press out water.
4. Combine beans, sugar and salt in pan. Cook very slowly and carefully (about 1 to 1-1/2 hours), stirring constantly to avoid scorching. When thick enough to hold shape, remove from heat. Mixture should have a very dark shiny appearance. When cool enough to handle, shape into 1" balls. (Place a moistened cloth in palm of hand, over which put a spoonful of "An" and with the aid of the cloth form into a ball. Repeat, using all of the "An".)

(continued)

"An" (continued)

Mashed Bean Paste (Tsubushi-An)

Cook azuki as in (Sweetened Bean Paste), page 123, eliminating steps 2 and 3. Beans may be mashed slightly with a potato masher, if desired. Continue with step 4.

Note: Strained or Mashed Bean Paste may be used interchangeably, according to individual preference. Strained Bean Paste (Koshi-An) is available in cans at oriental stores.

SHIRO-AN
(White Bean Paste)

Shiro-An, "An" made with lima beans, is preferred for baked manju (Kuri Manju) while "An" made with red beans (azuki) is usually preferred in steamed manju recipes.

Substitute 2 cups dried lima beans for azuki (red beans). Procedure is same as for "An", page 123.

Note: Shiro-An may also be prepared as outlined on page 126.

MANJU

(Cake Filled With Sweetened Bean Paste)

3 cups flour	3 eggs, beaten
1 cup sugar	1/2 cup Mazola Oil
4 tsp. baking powder	2 Tbsp. milk
1 tsp. salt	1/2 tsp. vanilla
1 tsp. MSG	

Prepare "An" (page 123) and shape into 1-1/4" balls. Set aside.

Cut 44 squares of wax paper 2-1/2"x 2-1/2". Set aside.

Combine flour, sugar, baking powder, salt and MSG; sift twice. Put in bowl. In separate bowl, combine eggs, Mazola Oil, milk and vanilla; pour into flour mixture and mix well. Wrap in wax paper and place in refrigerator to chill about 1 hour. If dough is too soft add more flour; if too stiff add a little milk.

Roll out dough 1/4" thick and cut with 2" biscuit cutter. This makes about 44 pieces. Wrap each "An" ball with cut-out dough, being careful to completely enclose "An". Place each on a piece of wax paper. Place in steamer over boiling water and steam gently for 15 minutes. If water is boiling too vigorously, manju will crack.
(Yield: 44 manju)

Baked manju may be prepared with the same ingredients. Preheat oven 10 minutes to 350°; brush tops of manju with beaten egg yolk before baking. Leave off wax paper when baking. Bake 25 minutes on greased cookie sheet.

Yukinobu Yamamoto

KURI MANJU
(Baked Manju)

1/2 cup butter	1 tsp. baking soda
1 cup sugar	4-1/2 cups flour
3 eggs	4 tsp. baking powder
1 cup buttermilk	1 tsp. salt

Sift together flour, baking powder and salt. In a large bowl, cream butter and sugar well; add eggs, one at a time, beating well. Add flour mixture alternately with buttermilk and baking soda which have been combined.

Shape dough by teaspoonful, flatten and enclose Shiro-An, sealing inside dough. Bake in 350° oven for about 28 minutes. Top of manju may be brushed with egg beaten with a little milk before baking to give it a sheen. Makes about 50 manju. When working with dough use plenty of cornstarch or katakuriko (potato starch) while shaping. Bake on greased cookie sheet.

Shiro-An (White Bean Paste):

1 lb. dry lima beans
2 cups sugar
dash of salt

Soak beans overnite. Slip skins off before cooking. Place beans in pot with water to cover and cook until soft. Add sugar and salt and cook until mixture is almost dry and forms a ball, about 30 minutes, stirring constantly. When cooking, add as little water as possible. If there is too much water in the pot, it takes much longer to cook to the stiff stage. (Yield: 50 "An" balls)

Milwaukee JACL

MOCHI MANJU

(Mochi Cakes With Sweetened Bean Paste)

A delicious traditional steamed dessert or snack

"An" (Sweetened Bean Paste):

Prepare according to procedure on page 123. Make into balls about 1" in diameter. Set aside.

Manju:

1 lb. mochiko (sweet rice flour)

1/2 tsp. salt

1/2 cup sugar

2 cups water (2 or 3 drops red or green
food coloring may be added)

1 box Jyoshinko (rice flour) or cornstarch

Mix mochiko, salt and sugar together. Add water and stir to the consistency of dough. Divide dough in two. Place wet cloth in steamer and place dough on top. Steam for 15 to 25 minutes. Test by piercing dough with wet toothpick; if it comes out clean, it is ready.

Place dough in bowl and pound and knead with potato masher or suribachi stick until "sticky" in consistency. Remove from bowl and place on board sprinkled with Jyoshinko or cornstarch. Pinch off dough about 1-1/2" in diameter; flatten in palm of hand and place an "An" ball on top. Wrap dough completely around "An". Pinch ends together and shape into a small mound. Repeat until all dough is used. Steam other half of dough and repeat above process. (Yield: 50)

Asako Morioka

BOTAMOCHI OR OHAGI
(Rice Cake Covered With Bean Paste)

A traditional favorite which is always served with tea

Make "An" according to recipe on page 123, either Koshi-An or Tsubushi-An. Do not make into balls.

Mochi (Rice cake):

1 cup mochigome (mochi rice)

1/2 cup rice

1-1/2 cups water

Combine two kinds of rice. Wash and cook as in boiled rice (see page 54). While rice is still warm, mash rice partially with a wooden rod (suribachi stick) or wooden spoon dipped in water. Form into balls about 1" in diameter slightly flattened. Enclose rice balls with a layer of "An".
(Yield: 24)

Note: To make a smooth surfaced ohagi, place a dampened cloth in palm of hand; place about 3 Tbsp. of "An" over it and flatten slightly. Place rice ball in center of "An" and using corners of cloth form into a smooth ball. Repeat until all rice balls are used.

Misa Izumi

ZENZAI OR SHIRUKO
(Red Bean Soup With Dumplings)

1 cup azuki (red beans)
6 cups water
1-1/4 cups sugar
1/2 tsp. salt

Dumplings (dango):
1/2 pkg. mochiko (rice flour)
water

In a saucepan add water and azuki, and bring to a boil. Reduce heat to medium and cook until beans are soft, about 2 hours. Measure 5 cups azuki liquid, adding water if necessary. Add sugar and salt and cook 15-20 minutes longer.

Add enough water to mochiko to make a stiff dough. Knead well. Pinch off small amounts; roll into tiny balls about the size of marbles. Make a slight dent on one side. Set aside.

Bring azuki soup to a boil, add dumplings one at a time. The dumplings will rise to the surface when cooked. (Serves 5-6)

Note: Toasted mochi (rice cakes) may be substituted for dumplings. Place mochi in individual bowls; pour soup over it and serve.

KASUTERA
(Japanese Sponge Cake)

*Famous specialty from Nagasaki, the region
where early Dutch traders settled*

5 eggs
2/3 cup sugar
1/4 cup honey
3/4 cup flour
3/4 tsp. baking powder
2 Tbsp. confectioner's sugar

Grease 9"x 9" pan and dust with flour. Beat eggs, and add sugar gradually and honey. Beat until thick (about 10 minutes). Sift flour and baking powder into mixture. Beat only until smooth. Pour into pan and bake at 350° for about 30 minutes.

Cool on rack 10 minutes. Remove from pan and cool completely on rack. Dust with confectioner's sugar. To serve, cut into squares.

Yoko Nance

PINEAPPLE KANTEN
(Pineapple Gelatin)

2 sticks Kanten (agar-agar)
2-1/4 cups water
2 cups sugar
2 tsp. lemon extract
13-1/2 oz. can crushed pineapple, drained
well

Rinse Kanten and squeeze out water. Break into small pieces and soak in water for 30 minutes. Boil until dissolved. Add sugar and cook 10 to 15 minutes or until mixture comes to a boil. Remove from heat. Strain through fine sieve; add extract and pineapple. Pour into a flat pan 8"x 8" or 9"x 11". Cool (may be placed in refrigerator). Cut into slices and serve.
(Serves 10-12)

Note: Agar-agar (kanten) is similar to unflavored gelatin but does not melt at room temperature.

Asako Morioka

GRAPEFRUIT KANTEN (Grapefruit Gelatin)

- 1 grapefruit
- 1 stick red kanten
- 1 cup water
- 1 cup sugar
- 1 Tbsp. lemon juice
- 1 cup grapefruit juice

Cut grapefruit lengthwise in two. Scrape out juice and pulp and leave shells. Reserve juice.

Wash and squeeze kanten to remove water. Break up kanten into small pieces and soak in 1 cup water for 30 minutes. Bring to a boil in saucepan, add sugar and cook 10 minutes. Cool; add grapefruit juice and lemon juice and strain through a fine sieve. Pour into grapefruit shells; refrigerate until hardened. Slice into wedges and serve.

RICE TREATS (French Fried Rice)

- Cooked Japanese rice (cold)
- sugar
- oil for frying

Spread rice on paper towels, preferably in small clumps to dry out for about 3 days. In hot oil, deep fry rice until puffed and lightly browned. Sprinkle while warm with sugar. Serve as a snack.

NEW YEAR'S FOOD

NEW YEAR'S CELEBRATION

The New Year is Japan's most important holiday, signifying not only congratulations and the beginning of a new year, but a fresh start, renewed hope and good fortune. All business accounts must be settled, the home put in order, and the new year welcomed in fresh, and preferably new, garments.

Guests who come to pay their respects are greeted with special foods which signify congratulations or celebration. Houses cannot be swept out on New Year's Day lest all good fortune be swept out. Women take a few stitches to let the needle know that idleness will not be tolerated during the coming months. A pleasant countenance must be displayed as indication of one's bearing throughout the next year.

The first dream of the year, which comes on the night of January 2nd, could reveal one's future. The most desirable dream of all is of the Takara-Bune, the treasure ship on which ride the seven gods of wealth and happiness, each bringing his own individual treasure.

NEW YEAR'S MENU

Appreciation and joy that the new year has arrived and a wish for good health in the coming year are symbolized in the foods served. A boiled whole lobster displayed as a centerpiece symbolizes longevity, or a baked whole red snapper or sea bream with its tail curling upwards (held in place with twine during baking) may be used as a centerpiece, symbolizing a treasure ship bringing happiness.

Since many traditional ingredients may not be available, the menu has been adapted for today's cook.

Zoni, page 135

Makizushi and Inarizushi, pages 66 and 70

Chicken Teriyaki, page 95

Shrimp in Shell, page 13

Sashimi (sliced raw fish), page 85

Nishime (seasoned vegetables), page 135
with sliced kamaboko and Plum Blossom
Eggs, page 141

Yokan (available at oriental stores),
Kinton, page 139, Kanten, page 131
with sliced oranges (with rind)

Daikon Sunomono, page 27

Kuromame, page 138

Kazunoko, page 140

Kimpira Gobo, page 140

Sake or Otoso, a sweet rice wine served only
on New Year's Day

ZONI
(Mochi With Soup)

Basically a clear soup with mochi (rice cakes) and garnishes, served traditionally on New Year's Day

6 cups dashi
1 Tbsp. salt
1 Tbsp. soy sauce
dash MSG
1 chicken breast, cut into bite-size
pieces
12 pieces mochi (rice cakes)

Garnishes:

6 kamaboko slices
1/2 lb. spinach, parboiled, cut into 1"
pieces, or celery cabbage, par-
boiled, cut into 1" pieces, or
watercress
1 carrot, sliced, boiled in 1 cup dashi
flavored with 1/2 tsp. soy sauce
and a dash of salt
sliced mushrooms or 6 bamboo shoot slices
lemon peel (optional)

Prepare soup by combining dashi, salt, soy sauce and MSG. Bring to a boil, add mushrooms, chicken. Simmer 5 minutes. Toast mochi under broiler. To serve, place 2 pieces mochi in each lacquer bowl. Add garnishes and hot soup with chicken pieces and mushrooms and serve. Float lemon peel, if desired. (Serves 6).

Note: If preferred, chicken pieces may be dusted with cornstarch and simmered in hot water for several minutes. Set aside and use with other garnishes.

Skeets Hasegawa

NISHIME
(Vegetables Cooked in Seasoned Sauce)

Takenoko (bamboo shoots):

3 takenoko, sliced or cut into wedges
3/4 cup dashi
1 Tbsp. soy sauce
1 Tbsp. sugar
1/4 tsp. salt
1 tsp. mirin or 2 tsp. sake
dash MSG

Combine ingredients. Bring to a boil; lower heat and cook covered, until tender, about 15-20 minutes. Set aside.

Konnyaku (cake made from tuber root flour):

1 can konnyaku
3/4 cup dashi
2 tsp. soy sauce
1 Tbsp. sugar
1 tsp. mirin or 2 tsp. sake
1/2 tsp. salt
1/4 tsp. MSG

Place konnyaku in cold water for 1/2 hour. Slice, place in saucepan with remainder of ingredients. Bring to a boil, lower heat and cook until liquid is almost completely absorbed.

Carrots:

3 carrots
2 cups dashi
1/2 tsp. salt
1 Tbsp. sugar
1 Tbsp. soy sauce
1 tsp. mirin or 2 tsp. sake
dash MSG

(continued)

Nishime (continued)

Scrape carrots and cut 5 V-shaped grooves lengthwise down each carrot. Slice about 1/2" thick (chrysanthemum carrot). Combine with remainder of ingredients in saucepan and bring to a boil. Lower heat and cook until carrots are tender.

Satoimo (Taro Root):

- 1 lb. satoimo
- 2 cups dashi
- 3 Tbsp. sugar
- 2 Tbsp. soy sauce
- 1 tsp. mirin or 2 tsp. sake
- 1/4 tsp. MSG
- 1/4 tsp. salt

Wash satoimo and cover with cold water in saucepan. Boil 5-10 minutes. Remove one satoimo, place under cold running water and if outer skin slips off easily, take saucepan off stove. Drain, add cold water and remove outer skins of remainder of satoimo. Cut large satoimo in halves.

Combine dashi, sugar, soy sauce, salt and MSG in saucepan and bring to a boil. Add satoimo. Cover and simmer slowly until tender, about 15-20 minutes. Toss to stir.

Combine cooked vegetables in a deep serving bowl, keeping each separate.

Variations: 1 package Honporo-maki (dried kelp rolls) may be included. Cook according to directions on package.

6 shiitake, quartered, may be included. Cook according to directions on page 66.

Jean Eto

KUROMAME
(Sweetened Black Beans)

A new year dish symbolizing good health

- 2 cups (12 oz. bag) kuromame (black soy
beans)
- 1-1/2 cups sugar
- 1 cup water
- 1-1/2 tsp. salt
- 2 Tbsp. soy sauce

Wash beans and soak overnight in 6 cups water. The next day bring to a boil, cook over medium heat until beans become quite soft (1 to 1-1/2 hours). Test by mashing a bean between thumb and finger--it should mash easily and feel smooth textured.

Combine sugar, water and salt in small saucepan and heat until sugar is dissolved. Add to beans and continue cooking for 10 to 15 minutes; remove from heat and let stand several hours or overnight.

Add soy sauce and cook until most of the liquid is absorbed. (If refrigerated, beans can be stored for 2 weeks)

Note: (Sweetened Kuromame) may be purchased in cans at Japanese food stores.

Misa Izumi

KINTON
(Sweetened Lima Beans)

1 lb. dried lima beans (large)
2 cups sugar
1 tsp. salt
1/3 cup mirin (sweet wine)

Wash and boil lima beans in 6 cups water for 1 to 1-1/2 hours until soft. (Test by mashing between thumb and finger--it should mash easily and feel smooth textured.)

Add sugar, salt and mirin and continue cooking, stirring frequently, until liquid is absorbed. Mash a portion of cooked beans with potato masher, and mix well with unmashed part. Cool and serve as sweets.

Note: 1 to 1-1/2 tsp. powdered green tea may be added to the mashed beans before combining with unmashed beans.

Ilisa Izumi

KAZUNOKO
(Herring Roe in Soy Sauce)

A new year dish, symbolizing abundance

4 oz. kazunoko
1/3 cup soy sauce
dash MSG
katsuobushi (shaved bonito)

If dried kazunoko is used, soak in water for 1 week, changing water daily. Kazunoko is recently available in plastic bags. Wash with salt to remove membranes. Rinse with water and break into small pieces; add soy sauce and MSG. Garnish with katsuobushi.

KIMPIRA GOBO
(Fried Burdock)

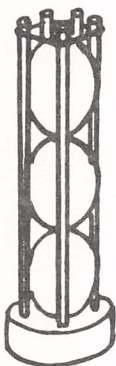
1/2 to 1 lb. gobo
1/4 cup soy sauce
2 Tbsp. vegetable oil
2 Tbsp. sugar
1/4 tsp. MSG
chili pepper or pepper (optional)

Cut gobo into thin julienne strips. Soak in water for 30 minutes or longer, changing water often. Drain. In skillet, add oil and fry gobo for 5 minutes over medium high heat. Add soy sauce, sugar and MSG and cook 5-8 minutes longer. Add chili pepper or pepper, if desired. Gobo should be tender but crisp. (Serves 6-8)

Note: Canned Kimpira Gobo is available at oriental stores.

PLUM BLOSSOM EGGS (Ume Tamago)

Plum blossoms (also pine and bamboo branches) are symbolic of the New Year.

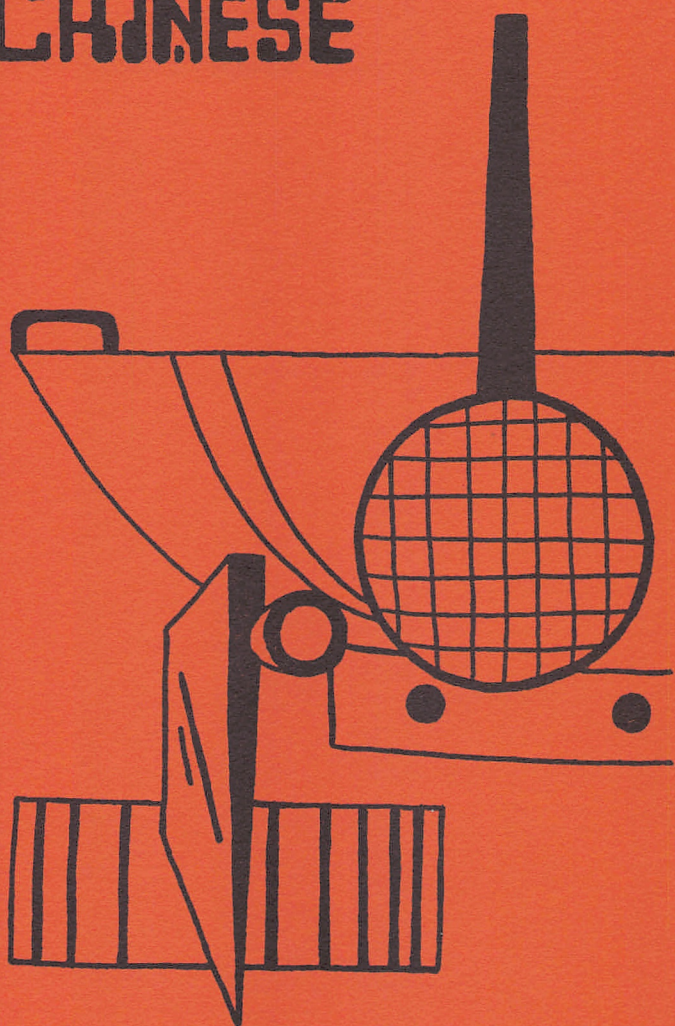


3 eggs, hard boiled
red food coloring
5 chopsticks (disposable)
potato, 1" slice

Place eggs in saucepan with water to cover and when water begins to boil, stir a few seconds to center the yolks. Simmer about 15 minutes. Pour cold water over eggs and remove shells while still warm. Place in water containing red food coloring until eggs turn pink. Remove from dye and place in a form.

To make form, use potato slice as base and insert 5 chopsticks into a circle large enough to hold eggs snugly. The sides touching chopsticks will make slight indentations in eggs. To keep chopsticks in place, secure with a rubber band (see illustration). Place in refrigerator until eggs are chilled. Cut into slices 1/2" thick and use as garnish.

CHINESE



CRISP WON TON

1 pkg. won ton skins (makes 72 won ton)

Filling:

1 lb. ground pork, lean
1/2 lb. shrimp, chopped or 1 can shrimp,
flaked
2 green onions, chopped
1/2 tsp. salt
1 tsp. sugar
2 Tbsp. soy sauce
dash garlic salt
dash pepper
1/4 tsp. MSG
1 Tbsp. sherry
1 tsp. Oyster Sauce (available at Chinese
store)
1 egg, beaten
oil for frying

Sweet-Sour Sauce:

1 small jar peach or apricot jam
3 Tbsp. vinegar
3 Tbsp. brown sugar
1 Tbsp. soy sauce
1 Tbsp. ketchup

Combine ingredients and place in small bowl.

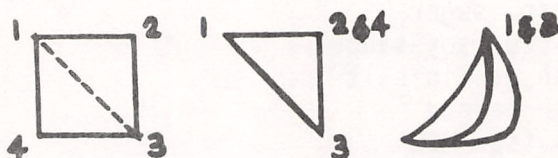
Hot Mustard Sauce: Coleman mustard mixed
with water to form paste. Place in small
dish. Serve with soy sauce and add mus-
tard according to individual taste.

Combine filling ingredients except egg. Set
aside.

(continued)

Crisp Won Ton (continued)

Place one rounded teaspoon of filling on each won ton skin. Moisten corners 2 and 4 with beaten egg, then seal by pinching corners together to form a triangle. Then moisten corners 1 and 3 and pinch together to form basket-like effect.



Deep fry won ton in oil at 360° until golden brown. Serve with Sweet-Sour Sauce or Hot Mustard Sauce.

Arlene Sueoka

SHRIMP TOAST

12 slices white bread
1/2 lb. shrimp, deveined
2 strips bacon
4 water chestnuts
1 tsp. dry sherry
1/2 tsp. salt
dash MSG
oil for frying

Remove edges of bread and cut each slice diagonally in half. Set aside. Mince shrimp, bacon and water chestnuts. Add sherry, salt and MSG. Mix well. Spread on bread and deep fry in 1" oil until lightly browned. Serve immediately.

CHINESE EGG ROLLS

Egg rolls may be prepared early in the day, browned lightly, refrigerated and heated in the oven (325°) before serving. Recipe will make about 420 small egg rolls.

- 1 lb. lean ground pork
- 1/2 lb. shrimp, chopped
- 1/2 lb. bok choy, small diced
- 2 dried mushrooms
- 2 green onions, chopped
- 1/2 cup bean sprouts (optional)
- 10 water chestnuts, chopped
- 1/2 tsp. garlic salt
- 1 tsp. salt
- 1/4 tsp. MSG
- 1/2 tsp. sugar
- 1 tsp. soy sauce
- 1/8 tsp. Chinese cinnamon, or a dash of
Five-Spice Powder (available at
Chinese stores)
- 2 Tbsp. oil
- 1 pkg. 30 egg-roll skins, quartered
- oil for frying

Apricot Sauce:

- 1 small jar apricot jam (not thick)
- 1/2 cup Major Grey's Chutney (mince fruit)
- 2 Tbsp. vinegar
- 1 Tbsp. sugar

Combine ingredients and place in small bowl.

(continued)

Chinese Egg Rolls (continued)

Hot Mustard Sauce:

2 Tbsp. Coleman mustard combined with 2 Tbsp. hot water to make a thin paste.

Place in small dish. Serve with soy sauce and add mustard according to individual taste.

Soak dried mushrooms for 20 minutes in 1/2 cup warm water with 1/2 tsp. sugar added. Discard stems and cut into small dice. Set aside.

In skillet, add 2 Tbsp. oil and fry vegetables about 5 minutes. Vegetables should be cooked but crisp. Add garlic salt and set aside.

In same skillet, add 1 Tbsp. oil and fry ground pork about 5 minutes. Drain fat and add salt, MSG, sugar, soy sauce and spice and cook 1 minute. Add shrimp and cook additional minute. Remove from heat and add cooked vegetables. Mix well, and set aside to cool.

Cut egg roll skins into quarters. For each egg roll, place a rounded teaspoon of filling diagonally across center of skin. Lift the lower flap over the filling and tuck the point under it, leaving the upper point exposed. Bring the two side flaps over enclosed filling and press down. Roll mixture with skin into a cylinder and seal tip with a drop of water.

(continued)

Chinese Egg Rolls (continued)

Fry in deep fat until golden brown. Serve hot with Apricot Sauce and/or Mustard Sauce.

Note: For large egg rolls, do not cut skins into quarters. Place several tablespoons filling mixture on skin, and follow procedure as outlined above.

BACON WITH WATER CHESTNUTS

- 1/2 lb. bacon
- 1 can water chestnuts, drained
- 2 Tbsp. brown sugar
- 2 Tbsp. soy sauce

Combine brown sugar and soy sauce. Add water chestnuts, mix well and let stand 30 minutes. Cut bacon into thirds. Wrap each water chestnut in bacon. Secure with toothpicks. Bake in oven at 425° about 15 minutes until bacon is crisp. Serve immediately.

SHUMAI
(Steamed Won Ton)

3 cups ground pork
1 can crab, flaked
2 Tbsp. grated ginger
1/2 cup green onions, chopped
2 Tbsp. sesame oil
4 Tbsp. cornstarch
2 Tbsp. soy sauce
2 tsp. salt
1/2 cup frozen peas, boiled (optional)
1 pkg. won ton skins (purchase at Chinese
stores)
Coleman mustard
soy sauce

Mix all ingredients together (except last three). Place 2 tsp. mixture on each won ton skin. Fold in half diagonally, seal filling with few drops of water. Steam 20-25 minutes. (Shumai should not be touching each other during steaming process.)

Mix Coleman mustard with hot water to make a paste. Place in small bowl and set on table. Place steamed won ton on platter, garnished with cooked peas, and serve with soy sauce and hot mustard, according to individual taste.

Variation: 1 can shrimp, flaked, may be substituted for crab.

Alice Endo
Wash., D.C.

WON TON SOUP

Serve as a luncheon entree or late snack

4 qts. chicken broth
1 Tbsp. salt
dash pepper
1/2 tsp. MSG

Won Ton:

1 lb. lean ground pork
1 can medium shrimp, flaked
7 oz. can water chestnuts, chopped
1/2 cup green onions, chopped
2 dried mushrooms
2 eggs
1-1/2 tsp. salt
1 tsp. sugar
1/4 tsp. pepper
1 tsp. grated ginger
1/4 tsp. MSG

1 pkg. won ton skins (72)
green onions, slivered, for garnish

Soak dried mushrooms in 1/2 cup warm water with a pinch of sugar added, for 20 minutes. Discard stems and chop fine. Combine with won ton ingredients. Place 1 teaspoonful of mixture in center of each won ton skin. Fold in half diagonally and place a few drops of water around filling to seal. Set aside.

Bring chicken broth to a boil. Add salt, pepper and MSG. Add won ton a few at a time. Boil 10 minutes. Adjust salt to taste. Place 6-7 won ton in each soup bowl, add soup and serve, garnished with slivered green onions. (Serves 10-12)

O-O SOUP
(Bean Curd Soup)

3 cups chicken broth
1/4 cup shredded pork
1 Tbsp. salad oil
2 Tbsp. cornstarch, mixed with 1/4 cup
water
1 Tbsp. soy sauce
2 squares tofu (2"x 2"x 1" each)
1 egg, beaten
salt and pepper
1/4 tsp. MSG
chopped green onions (garnish)

Heat oil in deep pan. Add pork and cook until meat turns white. Pour in chicken broth, bring to a boil and add soy sauce and tofu, cut into small 1/2" squares. When soup comes to a boil again, add cornstarch mixture. While stirring, add the beaten egg slowly around the pan. Season with salt, pepper and MSG. Garnish with chopped green onions. (Serves 5)

Variation: One-half cup sliced mushrooms or bamboo shoots may be added.

Alice Endo
Wash., D.C.

A HEARTY SOUP

- 3 pork chops, sliced (reserve bones)
- 6 cups chicken broth
- 1 medium celery cabbage, cut into 1" pieces
- 2 dried mushrooms
- 3 green onions, cut into 1" pieces
- 6 eggs
- 2 tsp. salt
- 1/2 tsp. MSG

Soak dried mushrooms in 1/2 cup warm water with 1/2 tsp. sugar added for 20 minutes. Discard stems and slice. Set aside. Add mushroom water to broth.

Bring chicken broth to a boil, add salt, MSG, sliced pork and bones and simmer 30 minutes. Discard bones. Bring liquid to a boil, add celery cabbage, mushrooms and green onions. Lower heat and cook about 10 minutes longer or until celery cabbage is cooked but crisp. Adjust salt to taste. Drop eggs gently into soup, one at a time. Cover and cook for 3 minutes until eggs are poached. Place one egg, meat and vegetables and ladle soup into each bowl. Soy sauce may be added, if desired. (Serves 6)

SWEET AND SOUR VEGETABLE SALAD

2 cucumbers, medium size
1/2 lb. cabbage, cut into 1" squares
3 green peppers, large diced
3 Tbsp. oil
4 Tbsp. sugar
1/2 tsp. salt
2 Tbsp. soy sauce
3 Tbsp. vinegar
1/4 tsp. MSG

Peel cucumber partially in alternate strips; cut lengthwise into short spears. Heat oil in skillet, saute vegetables over high heat for 2 minutes and add seasonings. Mix well. After slightly cooled, refrigerate.
(Serves 6)

Skeets Hasegawa

CHINESE SAUTEED LETTUCE

1 head Romaine lettuce
1/3 cup salad oil
1 clove garlic, crushed
1/2 tsp. salt
1/4 tsp. MSG

Wash romaine and discard outer leaves. Separate rest of leaves and place on absorbent paper. Heat oil in deep skillet and lightly brown garlic. Add lettuce, salt and MSG. Cook over medium heat 5 minutes, stirring frequently. Discard garlic. (Serves 4-6)

Skeets Hasegawa

CHINESE CHICKEN SALAD

Serve as a luncheon entrée

1-1/2 chicken breasts, teriyaki (page 93)
2 green onions, chopped
2 oz. rice sticks (maifun)
1 small head lettuce, shredded
1/2 cup coriander or 1/2 cup parsley
2 Tbsp. slivered almonds, toasted
oil for frying

Dressing:

2 Tbsp. sesame seeds, toasted
2 Tbsp. sugar
1/2 tsp. salt
1/4 tsp. MSG
dash of pepper
2 Tbsp. salad oil
1 tsp. sesame oil
3 Tbsp. vinegar

Shred chicken. Set aside. Heat oil in skillet. Drop one rice stick into hot oil. If it immediately expands on contact, oil is sufficiently hot. Add a small handful at one time. Fry until lightly browned. Drain on absorbent paper. Repeat until all rice sticks are fried. Set aside.

Combine dressing ingredients. Just before serving, toss chicken, rice sticks, green onions, coriander and lettuce with dressing. Garnish with toasted almonds. Serve immediately. (Serves 6)

CHINESE ASPARAGUS

3 cups asparagus, cut diagonally into 1" pieces

1/2 tsp. salt

dash pepper

1/4 tsp. MSG

1 Tbsp. oil

1 Tbsp. soy sauce

Heat oil in large skillet and add asparagus. Sprinkle with salt, pepper and MSG. Cover and shake pan over high heat (like popping corn) until just tender, about 4-5 minutes. Sprinkle with soy sauce. (Serves 4-5)

Betty Sakaguchi

ZUCCHINI WITH WATER CHESTNUTS

1 lb. zucchini, thinly sliced

1/2 cup water chestnuts, sliced

3 Tbsp. oil

1 tsp. salt

1/2 tsp. sugar

dash MSG

Heat oil in skillet and add zucchini. Cook for 1 minute. Add water chestnuts, salt, sugar and MSG. Cook another minute. Serve immediately. (Serves 4-5)

BEEF WITH OYSTER SAUCE

1 lb. flank steak, sliced thin, diagonally
3 Tbsp. salad oil
1 clove garlic, minced
1/2 tsp. grated ginger
1/2 cup chicken broth
1 Tbsp. cornstarch, mixed with 2 Tbsp.
water
1 Tbsp. Oyster Sauce (available at Chinese
stores)
dash MSG
green onions, chopped (optional)

Marinade:

2 Tbsp. soy sauce
1 Tbsp. sugar
1 Tbsp. dry sherry
1 Tbsp. cornstarch
1 Tbsp. salad oil

Combine marinade ingredients; add meat
slices and marinate for 30 minutes.

In skillet, using medium high heat, add oil,
ginger and garlic. Fry about 30 seconds
and add meat mixture. Stir-fry for 5 to 10
minutes. Add broth, cornstarch mixture,
Oyster Sauce and MSG, stirring constantly
until sauce is thickened. Garnish with
green onions, if desired.

Variation: Pork may be substituted for beef.

CHINESE BRAISED BEEF

- 2 lbs. boneless beef (Boston roll, rump,
or shoulder clod)
- 4 cups water
- 5 Tbsp. soy sauce
- 2 Tbsp. dry sherry
- 2 Tbsp. sugar
- 4 slices ginger root, about 1" in diameter
and 1/8" thick
- 1/4 tsp. MSG
- 1 whole star anise (available at Chinese
stores)
- 1 tsp. sesame oil

Place beef in 4 qt. pot and add enough water to cover meat. Bring to a boil over high heat and as froth forms, skim off.

Stir in soy sauce, sherry, sugar, ginger slices, MSG and star anise and partially cover pot. Reduce heat and simmer beef 2-1/2 to 3 hours until tender. Remove beef and set aside. There should be about 1 cup liquid remaining. Add sesame oil and simmer 10 minutes. Remove ginger and star anise.

Cut beef into very thin slices and arrange on platter. Pour over sauce. Serve hot or cold.

BEEF WITH PEA PODS

- 1 lb. flank steak, thin sliced
- 3 Tbsp. soy sauce
- 1 Tbsp. cornstarch
- 1 Tbsp. dry sherry
- 1 tsp. sugar
- dash MSG
- 1 tsp. grated ginger
- 4 Tbsp. peanut oil
- 1 tsp. salt
- 1/2 lb. pea pods, ends removed
- 1 clove garlic

Marinate beef slices in mixture of soy sauce, cornstarch, sherry, sugar and MSG. Set aside.

Wash pea pods and drain in colander. Heat 2 Tbsp. oil in skillet, add salt and garlic, then pea pods and stir-fry 2 minutes. Pea pods should be tender but remain crisp. Discard garlic and place pea pods in serving bowl.

In same skillet, heat 2 Tbsp. remaining oil and add ginger and beef and turn constantly until beef is cooked about 2-3 minutes. Add pea pods to heat. Serve immediately. (Serves 5)

Variations: Substitutes for pea pods: 1/2 lb. green beans, french style, or 1/2 lb. broccoli, cut into 1-1/2" pieces. Cover skillet when cooking vegetable.

BEEF WITH GREEN PEPPERS AND TOMATOES

1/2 lb. flank steak, thin sliced
2 green peppers, cut into 1/2" pieces
1 spanish onion, cut into wedges
2 large tomatoes, quartered
2 tsp. cornstarch
1/2 tsp. sugar
1 tsp. soy sauce
dash pepper
1/4 tsp. MSG
2 Tbsp. oil
1/2 tsp. salt
1 clove garlic, minced
1 Tbsp. fermented black beans
3/4 cup chicken broth or bouillon
1/2 tsp. grated ginger

Marinade for beef:

1 Tbsp. cornstarch	1/4 tsp. sugar
1 Tbsp. soy sauce	1/4 tsp. salad oil
2 tsp. sherry	

Combine marinade ingredients; add beef and set aside. Rinse black beans with cold water, chop fine and set aside. Mix cornstarch with sugar, soy sauce, pepper and MSG and set beside pan.

In skillet, using high heat, add 1 Tbsp. oil, salt, garlic and black beans. Add green peppers and onion and stir-fry 2 minutes. Place in serving bowl and set aside.

Reheat pan and add remaining 1 Tbsp. oil, ginger and beef and saute for 1 minute. Add cooked vegetables and broth, and when liquid comes to a boil, add cornstarch mixture and tomatoes. Stir until thickened. (Serves 4)

BEEF WITH BROCCOLI

1/2 lb. flank or sirloin steak
4 cups broccoli, cut into bite-size
pieces
3 Tbsp. oil

Marinade:

1 Tbsp. soy sauce 1 Tbsp. sherry
1 Tbsp. cornstarch 1 Tbsp. oil
1/4 tsp. MSG
1/2 tsp. grated ginger

Sauce:

1 cup chicken broth or water
1 Tbsp. soy sauce
1/2 tsp. sugar
1 Tbsp. Oyster Sauce (available at
Chinese stores)

1 Tbsp. cornstarch mixed with 2 Tbsp.
water

Slice beef diagonally into thin strips.
Combine marinade ingredients and marinate
meat for 20 minutes. Combine sauce ingre-
dients and set beside skillet.

In skillet, heat oil, add broccoli and cook
covered over high heat for 2-3 minutes un-
til broccoli is cooked but crisp. Sprinkle
lightly with salt. Place in serving bowl.

In same skillet, heat remaining 2 Tbsp. oil
and add beef. Over medium high heat, cook
beef 2 minutes. Add sauce mixture and when
it comes to a boil, add broccoli and corn-
starch mixture stirring constantly until
thickened. (Serves 3-4)

BEEF WITH CAULIFLOWER AND STRING BEANS

- 1 lb. sirloin steak, sliced thin 2" long
- 3 Tbsp. salad oil
- 1 clove garlic, minced
- 1 large onion, sliced
- 1/2 medium-sized cauliflower (break into pieces)
- 1 cup string beans or Kentucky pole beans (French-cut)

Cornstarch mixture:

- 1 Tbsp. cornstarch
- 2 Tbsp. soy sauce
- 1/2 cup water
- 1/4 tsp. MSG
- 1/2 cup chicken broth or 1 cube bouillon dissolved in 1/2 cup hot water

Heat 2 Tbsp. oil in frying pan. Add garlic and beef; saute until browned. Place in serving bowl. In remaining 1 Tbsp. oil, fry cauliflower and green beans for 5 minutes or until cauliflower is cooked but crisp.

Add cornstarch mixture to the vegetables, add beef and cook until sauce thickens, stirring constantly. (Serves 4-5)

Variation: Sliced zucchini or green pepper may be substituted for string beans.

Anne Matsuoka

SWEET-SOUR PORK

1 lb. lean pork, 3/4" cubes
1 egg, beaten
2/3 cup flour
1/4 tsp. MSG
1/2 tsp. salt
oil for frying
1 cup pineapple chunks
1 green pepper, cut into 1/2" strips
1 tsp. soy sauce
1/2 cup sugar
1/3 cup pineapple juice
1/4 cup catsup
1/3 cup vinegar
2 Tbsp. cornstarch mixed with 1/4 cup
water

Place pork cubes in beaten egg. Combine flour, MSG and salt. Coat pork with flour mixture and deep fry for 6-8 minutes. Drain on absorbent paper. Keep warm.

Combine soy sauce, sugar, pineapple juice, catsup and vinegar in a large skillet and bring to a boil. Add cornstarch mixture and stir constantly until sauce is thickened. Add pork, pineapple and green pepper. Turn and mix rapidly for 5 minutes. (Serves 3-4)

Variation:

1/2 lb. shrimp, deveined

Shrimp Tempura, page 81, may be substituted for pork. Discard tails of shrimp.

SWEET-SOUR SPARERIBS

2-1/2 lbs. spareribs, cut into 1-1/2"
lengths (by butcher)
1 green pepper, cut into 1" squares
1/2 cup sliced carrots
1 cup pineapple chunks
3-1/2 Tbsp. cornstarch mixed with 1/3 cup
water
oil for frying

Sauce:

3/4 cup sugar
1 Tbsp. soy sauce
1/3 cup catsup
1/4 tsp. salt
1/4 tsp. MSG
2/3 cup water
1/2 cup vinegar

Trim fat and cut ribs into individual pieces and place in dutch oven or large skillet and brown over medium heat. Pour off drippings. Combine sauce ingredients and pour over ribs. Cook covered about 35 minutes. Add green pepper and carrots and cook an additional 3 minutes. Stir frequently. Add pineapple chunks and thicken with cornstarch mixture, stirring constantly.
(Serves 4-6)

Note: 6 rakkyo (pickled scallions), available in jars at oriental stores, may be added with pineapple chunks, if desired.

CHINESE BARBECUED SPARERIBS

2 racks spareribs

Sauce:

3 Tbsp. soy sauce

4 Tbsp. hoisin sauce (available at
Chinese stores)

1/4 tsp. Five-Spice powder

2 Tbsp. dry sherry

1 Tbsp. sugar or honey

1/2 tsp. red food color

Trim fat from ribs. Combine sauce ingredients. Brush sauce evenly on ribs in flat pan. Marinate at least 1 hour. Put water in bottom of rectangular roasting pan and place at bottom of oven. Place ribs directly on rack.

Brush ribs with remaining sauce as they bake in 350° oven for 50 to 60 minutes. Turn heat to 425° and brown ribs for 15 minutes or place on grill. Cut into individual ribs. Serve with Duck Sauce, if desired (available at Chinese stores).

CHA SHEW
(Chinese Barbecued Pork)

Cha Shew may be served as an appetizer, cooked with vegetables and used as garnish for soups and noodle dishes. Freeze extra portions and use as needed.

- 3-4 lbs. pork tenderloin, halved
lengthwise, or lean pork butt
- 1 tsp. onion salt
- 2 cloves garlic, sliced, or 1/2 tsp.
garlic salt
- 3 Tbsp. brown bean sauce (available at
Chinese stores)
- 1/2 cup soy sauce
- 1/4 cup ketchup
- 4 tsp. sugar
- 1/8 tsp Chinese cinnamon or five-spice
powder
- 1/2 tsp. red food color (optional)

If pork butt is used, cut into strips 1-1/2"x 3". Place pork in shallow pan. Combine remainder of ingredients and pour over pork. Marinate at least 6 hours, preferably overnight.

Roast pork on wire rack at 350° for 45 minutes; turn strips over, brush with sauce and bake 45 minutes longer. Slice and serve hot or cold.

Nikki Tanaka

CANTONESE CHOW MEIN

3 pork steaks, thin sliced
4 Tbsp. oil
2 ribs celery, slivered
1/2 lb. bok choy, slivered
1/4 lb. bean sprouts
1/4 lb. mushrooms, sliced, or 3 dried mushrooms
1 pkg. frozen Chinese vegetables (bamboo shoots, water chestnuts and pea pods)
1 tsp. salt
1/4 tsp. MSG
1-2 cloves garlic, minced
1/2 tsp. grated ginger
1 cup chicken broth
3 Tbsp. cornstarch, mixed with 3 Tbsp. water
8 ozs. fine egg noodles
2 green onions, slivered
oil for frying

Marinade:

1 Tbsp. cornstarch	1 Tbsp. oil
2 Tbsp. soy sauce	1 tsp. sugar
1 Tbsp. sherry	dash MSG

If dried mushrooms are used, soak in 1/2 cup warm water with 1/4 tsp. sugar for 20 minutes. Discard stems and slice thin. Set aside. Use mushroom water as part of broth requirement. Combine marinade ingredients; add sliced pork and marinate 20 minutes.

Bring a large pot of water to a boil, add egg noodles and boil for no longer than 3 minutes. Drain and pour cold water over noodles. Heat 3 Tbsp. oil in skillet, add

(continued)

Cantonese Chow Mein (continued)

small amount of noodles, fry until golden brown. Turn over and brown other side. Drain on absorbent paper. Repeat until all the noodles are fried. Keep warm in a slow oven.

Heat 2 Tbsp. oil in skillet, add celery, bok choy, bean sprouts and mushrooms and cook 3 minutes. Add frozen vegetables and cook additional minute. Season with salt and MSG. Transfer to a bowl.

In same skillet, heat 2 Tbsp. oil and fry garlic and ginger. Add marinated pork and cook 8-10 minutes. Add broth and when it comes to a boil, add cooked vegetables with cornstarch mixture, stirring constantly until sauce is thickened.

To serve, place egg noodles on large platter and top with pork-vegetable mixture. Garnish with green onions. (Serves 6)

Variation: 2 whole breasts of chicken sliced, may be substituted for pork steaks.

One bamboo shoot, julienned, 8 sliced water chestnuts and 1/4 lb. pea pods may be substituted for frozen Chinese vegetables.

PORK CHOW MEIN

2 pork steaks, sliced very thin
3/4 cup carrots, slivered
1 cup green beans, slivered, or 1 cup
 snow peas (ends removed)
1/2 cup green pepper, slivered
2 cups celery, slivered
3/4 cup green onions, slivered
2 dried mushrooms
1 cup bean sprouts, canned, or 3 cups
 fresh bean sprouts
1 small can bamboo shoots, slivered
1 can water chestnuts, sliced thin
1-1/2 tsp. salt
1 Tbsp. sugar
1/4 tsp. MSG
1 Tbsp. soy sauce
1 clove garlic, minced
2 Tbsp. cornstarch mixed with cold water
2 bundles somen (Japanese thin noodles)
oil for frying
2 eggs with 2 tsp. sugar added (garnish)
1 Tbsp. Coleman mustard

In boiling water, boil somen for a few minutes; drain. Rinse with cold water; drain. In 2 Tbsp. oil, pan fry noodles in small amounts until golden brown. Set aside. Soak mushrooms in 1/2 cup warm water with 1/4 tsp. sugar until soft. Discard stems and slice thin. Set aside. Beat eggs with sugar. Fry in thin sheets and slice very thin. Set aside.

In 2 Tbsp. oil, over medium heat, add garlic. Then add pork and cook about 10 minutes. Add carrots and green beans, tossing lightly

(continued)

Pork Chow Mein (continued)

for several minutes. Add mushrooms, bean sprouts and remainder of vegetables. Add salt, sugar, MSG and soy sauce. Cook vegetables until tender but crisp. Add only enough cornstarch mixture to thicken. Remove from heat. Arrange fried noodles on platter and top with pork and vegetable mixture. Garnish with slivered eggs. Serve with soy sauce and mustard which has been mixed with cold water to form a paste. (Serves 4-5)

Nancy Itogawa

ROAST PORK

Pork roast baked in the Chinese manner

Pork roast or fresh ham

Sauce:

1/2 cup soy sauce
1/4 cup honey
1/4 cup catsup
2 cloves garlic, crushed
2 tsp. powdered ginger
1/4 tsp. Tabasco Sauce

Place pork roast or fresh ham on a rack in a roasting pan. Bake in 325° oven until meat thermometer reaches 185° F.

About 1/2 hour before baking time is complete, cut the rind off the ham and score the fat. Remove fat in bottom of pan. Combine sauce ingredients and pour over roast. Baste frequently until done. Serve with sauce as gravy.

Betty Sakaguchi

PORK WITH CELERY CABBAGE

- 3 lean pork chops, sliced thin
- 1 to 1-1/2 lbs. celery cabbage
- 2 dried mushrooms
- 1 small onion, sliced lengthwise
- 2 Tbsp. salad oil
- 1 or 2 tsp. fermented bean cake (optional)
- 1 tsp. salt
- 1/2 tsp. MSG
- 2 Tbsp. cornstarch mixed with 1/4 cup
water

Cut celery cabbage into 1-1/2 to 2" lengths. Soak dried mushrooms in 1/2 cup warm water with 1/4 tsp. sugar added. Discard stems and slice thin. Reserve liquid. Set aside.

Fry meat in oil for 5-7 minutes over medium high heat. Sprinkle meat lightly with salt. Add celery cabbage, mushrooms and liquid, and onion; cook for several minutes. Add salt, fermented bean cake and MSG and cook 5 minutes longer, or until thick end of cabbage is cooked but crisp. Thicken with cornstarch mixture. (Serves 4-6)

Frances Rambo
San Francisco, Calif.

LION'S HEAD

A delicious, economical dish, lion's head are meatballs simmered in broth with celery cabbage symbolizing lion's manes.

2 cups chicken broth

Meatballs:

- 1 lb. lean ground pork
- 2 tsp. soy sauce
- 1 Tbsp. dry sherry
- 1 green onion, chopped
- 1 tsp. grated ginger
- 4 water chestnuts, chopped
- 1 egg, beaten
- 1/2 tsp. salt
- 1 tsp. sugar

soy sauce

1-1/2 lbs. celery cabbage or bok choy, cut
into 1-1/2" pieces

1/2 tsp. salt

1/4 tsp. MSG

Combine meatball ingredients with wooden spoon. Form into 3" balls. Set aside.

Simmer broth and add meatballs after dipping into soy sauce. Turn heat very low, cover pot and simmer for about 45 minutes. Add celery cabbage, salt and MSG and cook additional 15 minutes. (Serves 3-4)

HAMYU
(Steamed Ground Pork)

*A pungent, pork and fish pattie, served as
a side dish*

1/3 lb. ground pork
2 Tbsp. water
1 tsp. cornstarch
1/2 tsp. garlic salt
1/2 square fermented bean cake
1/4 tsp. MSG
2 thin slices salted herring (purchase,
canned in oil, at Chinese stores)

Mix all ingredients except fish and form
into a large pattie. Place on plate, top
with herring slices and sprinkle few drops
of fish oil over pattie. Cover with alumi-
num foil and steam over moderate heat for
20-25 minutes. Serve with soy sauce.
(Serves 4)

QUICK HAMYU
(Steamed Ground Pork)

This recipe is made with readily available ingredients.

1 lb. Rice's Medium pork sausage
1 clove garlic, minced
2 fermented bean cakes
dash of MSG
Anchovy fillets
Coleman's mustard (mixed with water to
make paste)
soy sauce

Combine pork sausage, garlic, fermented bean cakes and MSG. Shape into small patties. Top each with anchovy fillet. Place in 8" square cake pan; cover with aluminum foil and place in hot oven (475°) for 20 minutes. Turn off oven; let stand for 10 minutes longer to make sure pork sausage is cooked thoroughly. Serve with mustard and soy sauce, if desired.

Chiye Endo

MA TAI SHUN
(Minced Pork and Vegetables)

- 1/2 lb. lean ground pork
- 1 can water chestnuts, chopped coarsely
- 2 bamboo shoots, chopped coarsely
- 2 ribs celery, chopped coarsely
- 2 dried mushrooms
- 1 Tbsp. oil
- 1 clove garlic, minced
- 1 tsp. fermented bean cake
- 1 Tbsp. soy sauce
- 1 Tbsp. cornstarch mixed with 2 Tbsp.
water
- 1/2 cup slivered almonds, toasted
- 1 green onion, chopped

Soak dried mushrooms in 1/2 cup warm water with 1/2 tsp. sugar added for 20 minutes. Discard stems and chop coarsely (reserve water). Set aside.

Heat oil in skillet, add garlic, fry for a few seconds, and add ground pork. Cook about 10 minutes (drain excess oil, if any). Add water chestnuts, bamboo shoots, celery and mushrooms and cook about 5 minutes. Add fermented bean cake, soy sauce and cornstarch mixture, stirring constantly until thickened. Garnish with almonds and green onions. (Serves 4-6)

HAMBURGER PATTIES, CHINESE STYLE

Patties:

1 lb. ground chuck	2 Tbsp. cornstarch
1/2 lb. ground pork	1 egg, beaten
2 green onions, chopped	1 tsp. salt
1 clove garlic, minced	1/4 tsp. MSG
1/2 tsp. grated ginger	5 Tbsp. water
2 Tbsp. soy sauce	

Vegetable Sauce:

2 leaves celery cabbage, cut into 1" pieces
1 bamboo shoot, slivered
1 carrot, slivered
2 dried mushrooms
3 Tbsp. pan juices
1/2 tsp. salt
1 tsp. soy sauce
2 Tbsp. cornstarch

To make patties, combine ground beef and pork, vegetables and seasonings (except water). Add 1 Tbsp. of water at a time, blending well. Form into 8-9 patties. Heat 1 Tbsp. oil in skillet and fry patties over medium heat until cooked, about 15 minutes. Set aside. Reserve 3 Tbsp. pan juices.

Soften dried mushrooms in 1 cup warm water with 1/4 tsp. sugar for 20 minutes. Discard stems and slice. Set aside. Combine mushroom water and cornstarch. Set aside.

Heat pan juices, add bamboo shoot and carrot. Fry several minutes. Add mushrooms and celery cabbage and cook 4-5 minutes longer or until celery cabbage is cooked but crisp. Add salt, soy sauce and cornstarch mixture. Cook until thickened. Add patties, heat and serve. (Serves 4-5)

PEANUT CHICKEN

1 chicken, cut into bite-size pieces

Marinade:

1/2 tsp. grated ginger
1 clove garlic, minced
1/2 cup soy sauce
1 Tbsp. dry sherry
dash MSG

Batter:

2 eggs, beaten
1/2 cup cornstarch
dash salt

Sauce:

1 Tbsp. salad oil
1/2 cup vinegar
1/2 cup brown sugar
1/2 cup catsup
3/4 cup water
pinch salt
1 clove garlic, crushed
dash MSG
2 Tbsp. cornstarch mixed with 1/4 cup
water

oil for frying
shredded lettuce
2 green onions, chopped
2 Tbsp. peanuts, chopped

Marinate chicken for 1-2 hours. Dip chicken pieces into batter and deep fry. Place on large baking sheet and finish cooking in 350° oven for about 20 minutes.

To make sauce, heat oil, add remainder of sauce ingredients. When it comes to a boil,

(continued)

Peanut Chicken (continued)

add enough cornstarch mixture to thicken.

To serve, arrange shredded lettuce on platter. Place chicken on lettuce; pour over sauce. Garnish with chopped green onions and chopped peanuts. (Serves 4-5)

Mary Hidekawa
San Francisco, Calif.

CHICKEN AND PEA PODS

1 chicken breast, cut into bite-size
pieces

2 Tbsp. sesame seeds

1/2 lb. pea pods, ends removed

3 Tbsp. oil

dash salt

dash MSG

Marinade:

2 tsp. soy sauce

2 tsp. sherry

1 tsp. cornstarch

dash pepper

Combine marinade ingredients and marinate chicken for one hour. Fry pea pods in 1 Tbsp. oil for a few minutes until tender but crisp. Season with a dash of salt and MSG. Set aside.

Remove chicken from marinade and coat with sesame seeds. Fry in 2 Tbsp. oil until chicken turns white. Add pea pods to heat. Add marinade and cook until sauce is thickened. (Serves 3-4)

Florence Hiramoto

SWEET-SOUR CHICKEN WINGS

2 lbs. chicken wings
1 cup cornstarch
1/4 tsp. salt
1/4 tsp. garlic salt
dash MSG
3 eggs, beaten
oil for frying

Sauce:

3/4 cup sugar
1/4 cup water
1/4 tsp. MSG
3 Tbsp. catsup
1/2 tsp. salt
2 tsp. soy sauce
1/4 cup pineapple juice
1/4 cup vinegar

Disjoint wings, wash and pat dry. Combine cornstarch with salt, garlic salt and MSG. Dredge chicken wings with mixture, dip into beaten eggs and deep fry until lightly browned. Drain on absorbent paper. Place in shallow baking pan.

In saucepan, combine sauce ingredients and cook until sugar is dissolved. Pour over chicken and bake in 350° oven for 30 minutes. Turn over and bake 15 minutes longer. (This dish may be frozen and reheated with sauce.)

CHICKEN WITH VEGETABLES

1/2 lb. chicken breast, sliced
1 egg white
1 tsp. cornstarch
salt and pepper
MSG
peanut oil for frying
3 Tbsp. unsalted roasted peanuts, chopped
1/3 cup bamboo shoots, diced
1/2 cup water chestnuts, diced
1 green pepper, diced
1 clove garlic, minced
1 green onion, chopped
2 slices ginger root
1-1/2 Tbsp. soy sauce
1 tsp. sherry
1/2 tsp. sugar

Mix chicken with egg white, cornstarch, salt, pepper and MSG. Set aside.

Heat 2 Tbsp. oil in pan and add bamboo shoots, water chestnuts and green pepper. Cook 1 minute. Remove to plate. Wipe out pan and heat 3 Tbsp. peanut oil, add garlic, green onion, ginger and chicken mixture and quickly fry together until chicken is cooked. Add vegetables and mix well. Add soy sauce, sherry and sugar and cook 1 minute longer; stir in peanuts and remove ginger before serving. (Serves 4)

Variation: Unsalted cashew nuts may be substituted for peanuts.

CANTONESE STEW

1 frying chicken, 3 to 3-1/2 lbs., cut up
1 Tbsp. salad oil
1/2 tsp. salt
2 tsp. grated ginger
1 Tbsp. sherry or whiskey
1 cup boiling water
1 can (1 lb. 4 oz.) bamboo shoots,
drained and cut into 1-1/2" pieces
1/2 lb. fresh mushrooms, sliced
1 can (8 oz.) water chestnuts, sliced
4 green onions, cut into 2" lengths
2 Tbsp. cornstarch
2 tsp. soy sauce
1 tsp. sugar
1/4 cup water

In heavy skillet, heat oil and fry chicken over medium heat, turning pieces occasionally until well browned. Add salt, ginger and sherry and cook, covered for 10 minutes. Add boiling water, simmer, covered, for 20-30 minutes or until tender. Remove chicken pieces only and keep warm.

Put bamboo shoots, mushrooms, water chestnuts and green onions into the hot liquid and bring to a boil. Blend cornstarch, soy sauce, sugar and water and add to hot mixture, stirring constantly until slightly thickened. Add chicken to heat. (Serves 6)

Anne Matsuoka

ROAST DUCK

4-5 lb. dressed duck
salt
2 green onions
few sprigs Chinese parsley (coriander)
shredded lettuce

Sauce:

2-1/2 tsp. salt
1 Tbsp. sugar
1 tsp. five-spice powder
4 Tbsp. soy sauce
1 clove garlic, crushed
1/4 tsp. MSG
3 tsp. Oyster Sauce (available at Chinese stores)

Combine sauce ingredients. Salt cavity of duck. Rub inside and outside with sauce. Add green onions and parsley and remaining sauce to cavity. Truss. Place duck on rack in shallow pan and roast in 350° oven for 2 hours (20-30 minutes per lb.). Baste occasionally.

To serve, chop into serving pieces. On a bed of shredded lettuce on platter, place duck pieces and pour over remaining sauce. (Serves 6)

Anne Matsuoka

CRAB OMELET

2 large dried mushrooms
2 green onions, slivered
1 bamboo shoot, julienne
1 can crab meat, flaked (reserve liquid
and use as part of bouillon requirement)
5-6 eggs, beaten
1 tsp. sugar
1/2 tsp. salt
dash MSG
oil for frying

Sauce:

1 chicken bouillon cube
3/4 cup water
1/2 tsp. sugar)
1 Tbsp. soy sauce) mixed with 1/4 cup
dash MSG) water
2 Tbsp. cornstarch)
1/4 cup peas, boiled

Soak mushrooms in 1/2 cup warm water with 1/4 tsp. sugar for 20 minutes. Discard stems and slice into thin strips. Place in bowl with remainder of ingredients. Stir lightly to mix.

Pour 1/3 to 1/2 cup egg mixture into heated oiled skillet. When top is firm, turn over and cook 1 minute longer. Repeat until all of the mixture is used. Place in 250° oven to keep warm.

To serve stack 3-4 omelets together and pour over sauce. (Serves 5)

(continued)

Crab Omelet (continued)

To make sauce, bring water to boil in a small saucepan and dissolve bouillon cube. Add cornstarch mixture, stirring constantly until thickened. Add cooked peas.

Note: For a large omelet, saute vegetables in 1 Tbsp. oil for 1 minute. Remove from pan. In bowl, mix together crab, eggs, seasonings and sauteed vegetables. In large oiled skillet, add egg mixture and cook over medium low heat until almost dry. Fold omelet in half and transfer to a platter. Cover with aluminum foil to keep warm. Pour over sauce just before serving.

EGG FOO YUNG
(Seafood Omelet)

1/3 lb. shrimp, chopped fine, or 1 can
shrimp, flaked, or 1 can crab, flaked
1 cup onion, slivered lengthwise
1/2 cup celery, slivered
1/2 cup mushrooms, sliced
1 cup bean sprouts
6 eggs, beaten
1 tsp. salt
dash pepper
1 tsp. cornstarch
1/4 tsp. bead molasses or 1 tsp. soy sauce
1/4 tsp. MSG
oil for frying
2 green onions, slivered

Sauce:

1 chicken bouillon cube
3/4 cup water
1/2 tsp. sugar)
1 Tbsp. soy sauce) mixed with 1/4 cup
dash MSG) water
2 Tbsp. cornstarch)

Combine ingredients except green onions and blend thoroughly. Heat 2 Tbsp. oil in skillet and fry mixture in small patties. When lightly browned, turn over and brown other side. Keep hot in 250° oven until all the mixture is cooked.

In small saucepan, bring water to a boil and dissolve bouillon cube. Add cornstarch mixture and cook until thickened, stirring constantly.

To serve, stack 3-4 omelets together and pour over sauce. Garnish with green onions.

SHRIMP CANTONESE

3/4 lb. shrimp, split lengthwise
2 Tbsp. oil
1/2 tsp. salt
dash pepper
1 Tbsp. fermented black beans (dow see)
1 clove garlic, minced
1/2 tsp. grated ginger
1/4 lb. lean ground pork
1 cup chicken broth or water
1/4 tsp. MSG
1 Tbsp. cornstarch mixed with 2 Tbsp.
water
1 egg, slightly beaten
1 green onion, chopped

Soak black beans in water for 10 minutes.
Drain and chop fine. Set aside.

In skillet, using medium high heat, add oil, salt, pepper, black beans, garlic and ginger and cook 30 seconds. Add ground pork and cook 5 minutes. Add shrimp and broth, cover, and cook about 3 minutes or until shrimp turns pink. Add MSG and cornstarch mixture, stirring constantly until sauce is thickened. Remove from heat and stir in beaten egg.

To serve, place in serving bowl and garnish with green onions. (Serves 5-6)

Toyo Henmi

SHRIMP WITH BROCCOLI

- 1 lb. shrimp, deveined
- 1 Tbsp. dry sherry
- 1 Tbsp. cornstarch
- 1 bunch broccoli, cut into 1-1/2" pieces
- 3 Tbsp. oil
- 1 tsp. grated ginger
- 1/2 cup mushrooms, sliced (optional)
- 1/2 cup bamboo shoots, sliced (optional)
- 1/2 cup water chestnuts, sliced (optional)
- 1 tsp. salt
- 1 tsp. soy sauce
- 1 tsp. sugar
- 1/2 cup chicken broth
- 1/4 tsp. MSG
- 1 Tbsp. cornstarch mixed with 1/4 cup
water

Mix shrimp with sherry and cornstarch, and let stand for 15-20 minutes. Parboil broccoli. Set aside.

Heat oil, add ginger and fry 1 minute. Add shrimp and saute until shrimp turns pink. Add parboiled broccoli and remainder of ingredients, except cornstarch mixture. Cook about 5 minutes and thicken with cornstarch mixture, stirring constantly. (Serves 4-5)

SHRIMP IN SPICY SAUCE

- 1 lb. shrimp, split lengthwise
- 1 Tbsp. cornstarch
- 1 Tbsp. sherry
- 3 Tbsp. oil
- 2 green peppers, cut into 1" squares
- 2 dried chili peppers, seeds removed and
chopped
- 5 Tbsp. sugar
- 1 tsp. salt
- 5 Tbsp. water
- 3 Tbsp. catsup
- 3 Tbsp. vinegar
- 1 Tbsp. soy sauce
- 1 Tbsp. cornstarch mixed with 2 Tbsp.
water

Place shrimp in bowl, add cornstarch and sherry. Mix well and let stand 15 minutes.

Heat oil in skillet. Saute shrimp and add chili peppers. When shrimp turns pink, add green peppers, sugar, salt, water, catsup and vinegar. When mixture comes to a boil, add soy sauce and cornstarch mixture. Stir constantly until sauce is thickened.
(Serves 4-5)

LOBSTER CANTONESE

- 1 live lobster (1-1/2 lbs) or 3 lobster tails
- 2 Tbsp. fermented black beans (dow see)
- 1/4 lb. lean ground pork
- 1 clove garlic, minced
- 2 Tbsp. oil
- 1/2 tsp. grated ginger
- 1 tsp. salt
- 1/8 tsp. pepper
- 1 tsp. sugar
- 1-1/2 cups chicken broth
- 1 Tbsp. cornstarch mixed with 2 Tbsp. water
- 2 eggs, beaten

Chop off claws and legs of lobster. Split lobster lengthwise and discard innards. Chop lobster meat with shell into small pieces. Chop legs and claws at joints and crack shells. Rinse black beans in water and chop fine. Set aside.

In skillet, heat oil and fry garlic, ginger and black beans. Add ground pork and stir-fry until pork loses its pink color. Add lobster and cook an additional minute. Add salt, pepper, sugar and broth and simmer 10 minutes. Add cornstarch mixture, stirring constantly. Remove from heat and stir in beaten eggs. (Serves 4-5)

SWEET AND SOUR FISH

1 whole fish (white meat, about 1-1/2 lbs)
oil for frying
3 Tbsp. oil
1/3 cup green pepper, diced
1/3 cup carrots, diced
1/3 cup bamboo shoots, diced
1 Tbsp. cornstarch, mixed with 1/4 cup
water

Mixture A:

2 Tbsp. sherry	3 Tbsp. cornstarch
2 Tbsp. soy sauce	3 Tbsp. flour

Mixture B:

6 Tbsp. sugar	1 Tbsp. catsup
3 Tbsp. vinegar	1 tsp. salt
1 Tbsp. soy sauce	

Clean and scale fish and make 3 diagonal cuts on each side. Rub well inside and outside with Mixture A. Heat oil to 330° and deep fry until crisp and golden brown (about 15 minutes), basting often with hot oil. Place on absorbent paper. Flatten stomach slightly to make fish stand and place in a slow oven to keep warm.

Heat oil and saute green pepper, carrot and bamboo shoots over high heat until tender. Add Mixture B and bring to a boil. Add cornstarch mixture to thicken, stirring constantly.

To serve, place fish on platter and pour over vegetable sauce. (Serves 4)

FRIED RICE

- 4-5 strips bacon, cut into small pieces,
or 1 cup shredded cooked chicken, or
1 cup sliced ham or left-over roast,
slivered
- 1/4 lb. shrimp, cut into small pieces
- 1/2 cup chopped onions
- 1 cup bean sprouts
- 4 cups cold cooked rice
- 2 eggs, beaten
- 1 Tbsp. soy sauce
- 1/4 tsp. MSG
- 2 green onions, chopped

In skillet fry bacon until crisp. Add shrimp, chopped onions and bean sprouts and cook until onions become transparent. Add rice and cook until rice is heated through. Push aside contents of pan leaving a small area to add eggs. Add eggs and stir until set and mix with rice mixture. Add soy sauce and MSG. Blend well. Garnish with chopped green onions. (Serves 4)

Note: Add 3 Tbsp. oil to skillet when using chicken, ham or left-over meat.

CHINESE ALMOND COOKIES

1 cup sugar
1 cup Crisco
1 egg, slightly beaten
1 tsp. almond extract
2 cups flour
1/4 tsp. soda
blanched almonds
egg white, slightly beaten

Cream together Crisco and sugar, adding sugar gradually. Add beaten egg and extract. Sift flour with soda and add a small amount at a time until just blended.

Form dough into 1" balls. Using bottom of glass, flatten to 1/4" thickness. Press an almond in each, brush with egg white and place on ungreased cookie sheet. Bake in 350° oven for 10-12 minutes.

ALMOND FLOAT
(Chinese-style Gelatin)

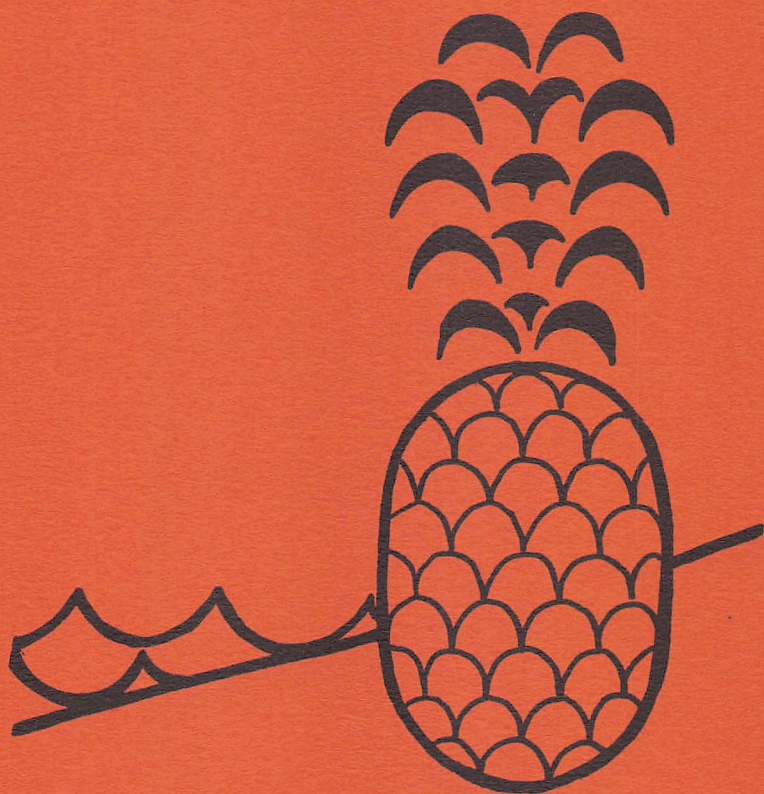
1/2 stick agar-agar
2-1/4 cups water
5 Tbsp. sweetened condensed milk
1 tsp. almond extract
fruit cocktail, fresh or canned

Rinse agar-agar and squeeze out water. Break into small pieces and place in saucepan. Add water and cook until agar-agar is melted. Strain through cheesecloth or fine sieve into a bowl. Add condensed milk and extract and mix thoroughly. Pour into 8"x 8" pan and refrigerate. When it hardens, cut into small squares.

To serve, place fruit cocktail into individual bowls and top with gelatin squares.
(Serves 10-12)

Hiroko Takano

POLYNESIAN



HAWAIIAN LUAU

Luau (Hawaiian feast) dishes actually are not too difficult for the kitchen-wise Malihini (newcomer) to prepare. Many of the ingredients called for in recipes are unique to the Islands and are not easily available in St. Louis. In a few recipes, substitutes may be made without impairing the real Hawaiian flavor.

EASY OVEN KALUA PIG

6-8 lb. pork loin roast
spinach or ti leaves
Wright's liquid smoke
salt

Remove excess fat on roast. Rub salt on meat and sprinkle liberally with liquid smoke. Wrap entire roast with layers of spinach leaves. Then wrap with double layer of heavy-duty foil and seal securely. Bake at 250-275° for at least 7 hours. The secret is to bake slowly and have roast completely sealed.

To serve, cut into small pieces. Pour some of natural sauce over meat. (Serves 10-12)

Anne Matsuoka

LAULAU

- 1-1/2 lbs. lean pork butt
- 1-1/2 lbs. chuck roast or brisket
- 3/4 lb. butterfish, mackerel, halibut,
swordfish, or any ocean fish that
is not too lean
- 1 or 2 Tbsp. salt, (Hawaiian salt pre-
ferred)
- 3 lbs. spinach, washed and drained

Cut pork and chuck roast into 1-1/2 to 2" cubes. Cut fish into 1" cubes. Place pork and chuck into separate bowls, add salt and work in thoroughly.

Arrange 5 or more spinach leaves on the palm of your hand. Place one piece each pork, chuck and fish on leaves and fold to make a bundle. Wrap with more leaves to cover.

Place each laulau on heavy aluminum foil square and wrap securely. Steam 3-1/2 hours in covered steamer, or arrange laulau on a rack in a large kettle with a tight cover. Add water and steam.

Note: Sweet potatoes may be steamed with Tauau during the last 2 hours.

Anne Matsuoka

EASY HAOLE LAULAU

3 10-oz. packages frozen leafy spinach
3-4 lbs. pork butt, cut into 2" cubes
1 clove garlic, minced
2 tsp. salt
1/4 tsp. pepper
1 lb. 13-oz. can cooked yams, drained
1/4 cup butter

Place half of spinach in a 4 qt. casserole. Mix pork with garlic and arrange on top of spinach. Season with salt and pepper. Arrange remaining spinach over pork pieces. Cover casserole and bake at 350° for 1 hour. Arrange yams on top and dot with butter. Bake 1 hour longer. (Serves 8)

Anne Matsuoka

CHICKEN LAULAU

4 lbs. chicken, chopped into small pieces
1 cup coconut milk
2 lbs. spinach or laulau
1 tsp. salt

Place chicken pieces in large kettle; cover with hot water and add salt. Bring to boil and simmer until tender. Place chicken in serving bowl. To liquid in kettle, add spinach and cook 2 minutes. Remove and place with chicken. Add coconut milk to 1 cup liquid; heat thoroughly. Pour over chicken and spinach. (Serves 4-6)

HAWAIIAN SPARERIBS

3 lbs. spareribs

Sauce:

1 9-oz. can crushed pineapple

2 Tbsp. cornstarch

1/4 cup vinegar

1 Tbsp. soy sauce

3 Tbsp. brown sugar

1/2 cup catsup

1/2 tsp. salt

Combine sauce ingredients in saucepan and cook over low heat, stirring constantly until mixture thickens.

Cut ribs into serving pieces. Bake at 300° for one hour. Drain drippings. Arrange layer of ribs in shallow roasting pan. Cover with half of pineapple mixture, add another layer of ribs, and top with rest of pineapple mixture. Bake in 325° oven for 30 minutes or until done. (Serves 4-6)

Variation: Chicken may be substituted. Bake or broil first.

Janet Muramoto

SWEET-SOUR RIBS

2 lbs. spareribs, cut into 2" lengths
(by butcher)
flour 1/3 cup sugar
1 egg, beaten 1/3 cup soy sauce
1 clove garlic 1 cup pineapple chunks
1/2 cup sweet pickle juice
oil for frying

Trim fat from ribs and cut into individual pieces. Dredge ribs with flour, place in bowl and add egg. Mix well. Fry in deep fat 350°. Place ribs in heavy pan, add pickle juice and garlic. Cover and steam 30 minutes. Add soy sauce and sugar and cook 10 minutes longer until glazed. Add pineapple and mix.

CHICKEN AND LONG RICE

3 lbs. chicken, cut into pieces
2 Tbsp. oil
1 clove garlic, sliced
1 thin slice ginger
4 cups water
1 green onion, chopped
2-oz. long rice, soaked in hot water and
 cut into 3-4" lengths
1 tsp. salt
dash of pepper

Fry garlic and ginger in oil until brown. Discard garlic and ginger. Add chicken and fry until slightly browned. Add water and seasonings and cook until chicken is tender. Add long rice and cook 10 minutes longer. Add green onions and serve. (Serves 4)

POLYNESIAN BARBECUE SAUCE

1/4 cup brown sugar
1/2 cup soy sauce
1/2 cup catsup
1 clove garlic, sliced
1 tsp. grated ginger or 1/4 tsp. ground ginger
2 Tbsp. sake, mirin or sherry
1/4 tsp. MSG

Combine ingredients in saucepan and boil 10 minutes to thicken. Cool. Pour over 5-6 lbs. spareribs or 2 cut-up chickens. Marinate meat for 1 hour or more. Bake for 1-1/4 hours at 350°, basting occasionally. (Serves 6-8)

BAKED PORK TENDERLOINS

2 pork tenderloins
Hickory smoked bacon
1/2 cup soy sauce
1 Tbsp. grated onion
1 clove garlic, minced
1 Tbsp. vinegar
1/4 tsp. cayenne pepper
1/2 tsp. sugar

Wrap tenderloins with bacon strips, tying them securely with string. Make a sauce of other ingredients. Brush this over meat several hours before cooking and again when you put it in the oven. Bake uncovered in 300° oven, until tender--about 1-3/4 hours. Baste frequently with sauce and juice in bottom of pan. Remove strings carefully before serving.

Nikki Tanaka

HAWAIIAN CURRY

- 3 cups cooked shrimp, chicken, or fish
- 6 Tbsp. butter
- 1 medium onion, chopped fine
- 2 tsp. grated ginger
- 6 Tbsp. flour
- 1-1/2 tsp. salt
- 2-3 tsp. curry powder
- 1 cup coconut milk
- 2 cups milk or chicken broth

Melt butter, add onion and ginger. Cook slowly. Add flour, salt and curry powder and blend thoroughly. Add coconut milk and milk stirring constantly until thickened. Add shrimp and heat well. Serve over rice with chutney, chopped nuts, crumbled bacon, hard boiled eggs, or grated coconut.

Note: When coconut milk is not available, it can be made by pouring 2 cups milk over contents of 1 can or package of flaked coconut. Slowly bring to boil and remove from heat, Let stand 20 minutes, stirring occasionally. Strain through double thickness of cheesecloth, squeezing out liquid.

LOMI SALMON

1/4 lb. salted salmon
1/2 onion, sliced
2 green onions, cut into 1" pieces
2 tomatoes, sliced

Remove bones and skin from salmon and shred. Add green onions, sliced onion and tomatoes. Mash mixture with a fork or lomi (squeeze) with fingers. Put 6 to 8 ice cubes in mixture and chill in refrigerator until ready to serve. (Serves 6)

MOCK LOMI SALMON

1 small can red salmon
1 green onion, chopped
1 tsp. chopped onion
cocktail tomatoes

Scoop out cocktail tomatoes. Combine green onion, onion and tomato pulp and gently toss with salmon. Chill thoroughly. Drain liquid from mixture and fill tomatoes.

Anne Matsuoka

HAUPIA
(Coconut Pudding)

This is a traditional dessert. Fresh coconut cake, or fresh fruit are also dessert suggestions.

1 cup coconut milk
1-1/2 cups milk
6 Tbsp. sugar
pinch of salt
6 Tbsp. cornstarch mixed with 1/2 cup milk

Heat coconut milk and milk with sugar and salt to boiling. Thicken with cornstarch mixture, stirring constantly. Pour into 9"x 9" pan. When cooled, cut into 2" squares.

Variation: Haupia may be cut into 1" cubes and combined with fresh fruit cocktail.

KOREAN

KIM CHEE (Korean Pickles)

2-3 lbs. celery cabbage
1/4 cup rock salt or 2-3 Tbsp. salt
2 tsp. dried chili peppers, seeds removed
and chopped
1 Tbsp. sugar
2-3 cloves garlic, chopped
1/2 tsp. ginger, chopped

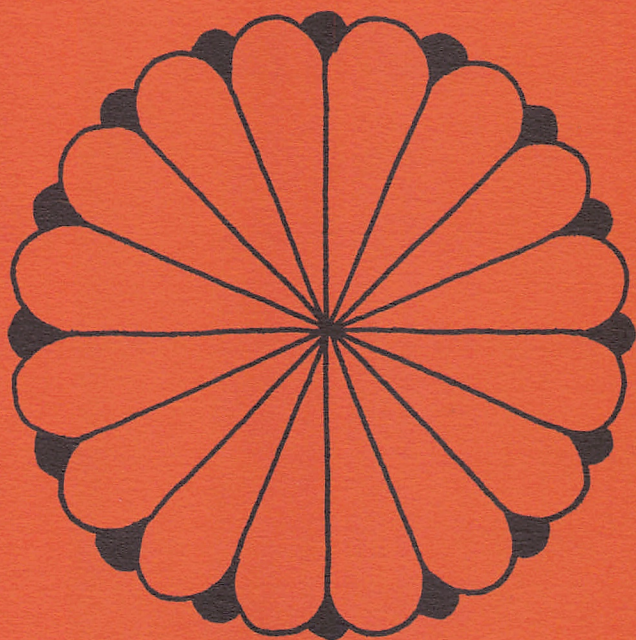
Wash celery cabbage and cut into 1-1/2" lengths. Wilt with salt for at least 2 hours. One-half cup water may be added to speed wilting action. If cabbage is too salty, rinse, then pack into a jar together with liquid. Add remaining ingredients. Cover and age 2-3 days in refrigerator. (Yield: 1 quart)

Anne Matsuoka

KOREAN BEEF

Flank steak, sliced thin
1/2 cup soy sauce
1/4 cup sugar
1/2 Tbsp. salad oil
1 clove garlic, minced
1/2 tsp. grated ginger
dash pepper
1 green onion, chopped
1 Tbsp. sesame seeds, toasted

Combine ingredients except flank steak and sesame seeds. Marinate steak for 15-20 minutes. Cook over hibachi, a few minutes on each side. Garnish with toasted sesame seeds.



*They spoke no word--
the host, the guest
and the white chrysanthemum*

Ryota

MISCELLANY

HOME-MADE MIRIN (Sweet Sake)

- 1 cup sugar
- 1 cup sake (Japanese rice wine)

In small saucepan, heat sugar and sake and bring slowly to a boil. Boil 5 minutes. Cool and store in tightly covered jar.
(Yield: 1-1/4 cups)

EGG ROLL SKINS

- 1/4 cup water
- 1 egg
- 1-1/2 cups flour
- 1/8 tsp. salt

Place flour and salt in a bowl. Add water and egg; mix well and knead until smooth. Dough should not be sticky. Roll out to 1/16th inch thickness on floured board. Cut into 3" squares. Used in making egg rolls and won ton.

Note: Egg roll skins are available at Chinese food stores.

HIYA YAKKO
(Cold Soybean Curd)

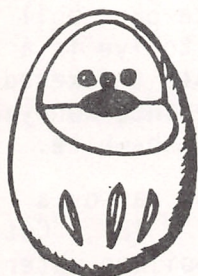
tofu (soybean curd cake), available at
Oriental stores
katsuobushi (shaved bonito)
soy sauce
lemon juice
grated ginger
green onions, chopped

Place tofu in cold water. Drain. Wrap in clean dish towel and place flat pan on top to remove excess moisture. Cut tofu into 1" cubes. Place in individual bowls. Sprinkle bonito flakes on top. Serve with soy sauce and dash of lemon juice, a pinch of grated ginger and chopped green onions. Serve as a side dish in a Japanese meal.

Note: Tofu may be prepared with powdered tofu, available at Oriental stores. It is also packaged with a plastic form for use in making tofu.

DARUMA TAMAGO (Dharma Egg)

Dharma was a famous priest in China centuries ago. In dedication to his teachings and in memory of his penance and sufferings, his image in the shape of the Dharma doll (without legs and arms) is found in nearly every home in Japan.



How to make daruma tamago: Hard boil egg by turning occasionally during cooking to center yolk. Shell and dye red. Slice a piece off one end so it will stand. Then cut out a portion from top of egg (see illustration) so as to expose some of the yolk for the mouth. Use black sesame seeds (or cloves) for eyes. Use as garnish.

HOW TO MAKE KONNYAKU

1/2 cup powdered konnyaku
1 tsp. lye
1 egg
water

Sprinkle 1/2 cup powdered konnyaku into 13 cups of lukewarm water in a large plastic container. Beat with hand beater until mixture thickens, about 5 minutes. Then beat by hand for 5-10 minutes. The mixture resembles agar. Set aside.

Heat 4-5 quarts of water in a large stainless steel pot. In a separate pan, boil 2/3 cup water and add slowly to lye in a bowl. Set aside. Mix egg into thickened konnyaku. Stir dissolved lye into konnyaku and mix until it appears greyish-white.

Flatten mixture into a 9"x 13" pan or a specially made wooden tray 11"x 18". Cut into 2"x 3" pieces. Add to boiling water in large pot. Cook for 1/2 hour after all pieces have been added. Mix occasionally. (Yield: 1-1/2 doz.)

HINTS: If the uncooked konnyaku is left overnight, then the cooked texture will be smoother.

Do not use tin, aluminum or teflon when working with lye.

If you are working alone, place the container on the floor against a cabinet door for support when adding the lye to the thickened konnyaku.

For easy cleaning - soak utensils and pots in salt water.

Mrs. Kazuma Kido, S.F., Cal.

COOKING HINTS

CHICKEN BROTH: A basic ingredient in Chinese cooking--for clear broth, barely simmer during cooking time. Chicken bouillon may be substituted.

CHRYSANTHEMUM CARROTS: Cut 4 or 5 V-shaped grooves along sides of carrot and slice.

EGG STRIPS: Slivered eggs used as garnish in Japanese cooking may be prepared by beating one egg at a time, adding 1 teaspoon sugar, dashes of salt and MSG; fry in a heated, lightly oiled 10-inch skillet until almost set. To cook top side, turn over with spatula, or slide skillet under broiler for a few seconds. Turn over onto cutting board and slice into very thin strips.

MEAT: To cut into very thin slices, partially freeze before cutting.

SHIITAKE (dried mushrooms): See Glossary

TEA: Economical grades of green tea may be pan broiled to give a delicious crisp flavor. A little uncooked rice, pan roasted and mixed with tea, adds a nutty flavor.

GINGER ROOT: To store, place in freezer. See Glossary for details.

GLOSSARY

ABURA-AGE (AGE): oblong pieces of tofu (bean curds) fried in deep fat, available fresh or in cans, seasoned (Inarizushi-No-Moto) or unseasoned. Fresh "age" stores well in the freezer.

AEMONO: foods, usually raw or boiled vegetables, mixed with dressings, served cold

AJITSUKE NORI: flavored seaweed squares available in tins

AN: sweetened red beans made into a paste, used in Japanese confections

AZUKI: red beans, usually used in making Japanese confections

BAMBOO SHOOTS: ivory-colored conical shoots, available in cans

BEAD MOLASSES: sometimes called Brown Sauce, used in Chinese cooking, available at super markets

BENI SHOGA: pickled red ginger root, used as garnish, available whole or slivered, in jars

BLACK BEANS, Fermented: see Dow See

BOK CHOY: Chinese vegetable with white stalks and dark green leaves. Celery cabbage may be substituted.

(continued)

Glossary (continued)

BROWN BEAN SAUCE: semi-mashed aromatic brown soybeans used in Chinese food preparation--Japanese miso may be substituted.

CHAWAN: rice bowl

CHIKUWA or YAKI CHIKUWA: steamed fish cake shaped into a cylinder with a hole in the center, available fresh, frozen, or in cans

CHRYSANTHEMUM LEAVES (edible variety) or **SHUNGIKU:** used in tempura and sukiyaki (not available for purchase locally).

DAIKON: Japanese large white radish about 7" or longer in length, used in various ways in Japanese cooking. When boiling daikon, add several grains of uncooked rice to remove bitter taste.

DASHI: broth prepared with katsuobushi (shaved dried bonito) and kombu (kelp) and used as soup stock and as one of the basic ingredients in flavoring Japanese foods. Dashi may be stored in refrigerator and used as needed.

DASHI-NO-MOTO: commercially prepared dashi "bag" (8 in a box), to which 3 cups water is added and boiled for 10 minutes

DASHI (instant): powdered broth available in packets (7 in a box) to which hot water is added. It is convenient where small quantities are required.

(continued)

Glossary (continued)

DOMBURI: deep individual bowls, usually with lids, used to serve rice and noodle dishes

DOW SEE: fermented black beans used as seasoning in Chinese cooking, available in bags or cans. Soak beans in water for 10 minutes to remove excess salt; mash or chop fine before cooking. Black beans may be stored in refrigerator for 6 months.

EGG ROLL SKINS: very thin pasta sheets, available in Oriental stores

FERMENTED BEAN CAKE (funyu): available in jars

FIVE-SPICE POWDER: a combination of anise seed, fennel, clove, cinnamon and pepper, available at Chinese stores

FUNYU: fermented bean cake, available in jars

GINGER or GINGER ROOT: an important seasoning in Oriental cooking sold fresh at Oriental stores and in some supermarkets. Ginger root will keep indefinitely if peeled, grated and wrapped in aluminum foil or plastic wrap packets of 1/2 teaspoon each and stored in the freezer. Use one or more as needed. Part of the ginger root may be thinly sliced in packets of 2 and frozen.

GOBO: burdock, a long, slender root vegetable, woody in character. After scraping, soak in water, changing water several times

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Glossary (continued)

until water is almost clear. Add 1 Tbsp. vinegar to prevent discoloring. Also available in cans

GOHAN: cooked rice

GOMA: sesame seeds available in white or black used as seasoning. Toast goma in a heated skillet, cover and shake pan to pop as in making popcorn. Grind in a suribachi (porcelain mortar) with wooden stick to obtain best results. There is a convenient commercial grinder available.

GOMOKU: seasoned slivered vegetables, available in cans, usually added to vinegared rice.

HAKUSAI: green leafy vegetable, similar to celery cabbage. Substitute celery cabbage.

HARUSAME (saifun): bean threads available in packages, softened in water before using

HOISIN SAUCE: thick reddish Chinese sauce used for flavoring

JAPANESE VINEGAR: vinegar made from rice, more mild than white vinegar

JYOSHINKO: fine rice flour available in boxes. Cornstarch may be substituted.

KAMABOKO: steamed fish cake, available fresh, frozen or in cans

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Glossary (continued)

KAMPYO: dried gourd strips; soften in water for 1 hour. If it has aged in storage, rub with a little salt. Boil kampyo in water for 10 minutes, drain and season.

KANTEN (agar-agar): Similar to gelatin but does not melt at room temperature

KATAKURIKO: potato starch. Cornstarch may be substituted.

KATSUOBUSHI: shaved dried bonito (fish) flakes

KOMBU: dried kelp (a type of seaweed), available in large sheets. Cut off desired amount, wash and use as flavoring.

KONNYAKU: translucent cakes made from tuber root flour, available in cans

LAULAU: taro leaves, used in Hawaiian cooking

LONG RICE (saifun or harusame): bean threads which are softened in water before using

LUAU: Hawaiian feast

MAIFUN (rice sticks): thin white noodles which are deep fried. They expand on contact with hot oil. Remove when lightly browned and drain on absorbent paper.

MANJU: Japanese pastry

MATSUTAKE: gourmet Japanese mushrooms, available in cans

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Glossary (continued)

MIRIN: sweet rice wine, used only in cooking

MISO: soy bean paste, available in cartons used for flavoring. If refrigerated, may be stored for 6 months

MOCHI: cakes made of sweet rice

MOCHIGOME: uncooked sweet rice

MOCHIKO: sweet rice flour

MSG: monosodium glutamate

NORI: dried laver, a type of seaweed, available in sheets (10 in package). Toast one side directly over very low heat for a few seconds before using. For crushed nori, place nori in plastic bag and crush.

OBORO: shredded shrimp flakes. (May be prepared with canned shrimp, page 67)

OYSTER SAUCE: bottled Chinese sauce, usually used in seasoning beef dishes

PEA PODS: snow peas

RAKKYO: pickled scallions available in jars.

RICE STICKS (maifun): thin white noodles (see maifun)

RICE VINEGAR: see Japanese vinegar

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Glossary (continued)

SAIFUN (harusame or long rice): dried bean threads softened in water before using.

SAKE: Japanese rice wine. To serve, pour into sake server and place in hot water until sake is warmed. Used also as flavoring

SASHIMI: sliced raw fish, usually tuna (maguro) or sea bass

SATO-IMO (imo): taro root. To remove outer skins, scrub sato-imo with brush, cover with water and boil 5-10 minutes. Plunge into cold water. Remove skins. Also available in cans. Potatoes may be substituted.

SATSUMA-AGE: fried fish cake, available fresh, frozen or in cans

SESAME SEEDS: white or black, used for flavoring. (see goma)

SESAME OIL: oil made with sesame seeds, used usually for flavoring

SHAMOJI: wooden paddle used to serve rice

SHIITAKE: dried mushrooms, used profusely in Oriental cooking. Soften in warm water with a pinch of sugar added for 20 minutes. Discard stems. Reserve water and use as stock.

SHIRATAKI: noodles made from konnyaku (tuber root flour), available in cans

SHOYU: Japanese soy sauce. (see soy sauce)

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Glossary (continued)

SHUNGIKU: edible chrysanthemum leaves used in sukiyaki and tempura (not available for purchase locally)

SNOW PEAS: pea pods

SOBA: buckwheat noodles

SOMEN: very thin wheat noodles (vermicelli), served cold

SOY SAUCE: a pungent dark brown liquid made of fermented soy beans, barley, yeast and salt. Kikkoman brand is recommended.

SUKIYAKI-NO-TOMO: noodles made from tuber root flour, bamboo shoots and mushrooms in a can, used for sukiyaki

SUNOMONO: vegetables mixed with vinegared dressing

SURIBACHI: porcelain mortar for grinding sesame seeds or miso, using a pestle or wooden stick

SUSHI: vinegared rice

TAKANA: Chinese mustard greens, not available for purchase locally

TAKENOKO: bamboo shoots, available in cans

TOFU: soy bean curds made into cakes, available at Oriental stores. Cover with water and store in refrigerator, changing water daily. Use within a few days. Tofu is

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Glossary (continued)

available in powdered form which may be prepared in the home.

TSUKEMONO: Japanese pickles. Several types are available at Oriental stores.

UDON: Japanese noodles

UMEBOSHI: pickled plums available in jars

UNAGI: seasoned eel, available in cans

WAKAME: a type of seaweed. Soak in water to soften and discard center vein before use.

WARIBASHI: disposable chopsticks available in packages

WASABI: powdered Japanese horse radish, available in cans. Add hot water to make a paste.

WON TON: Chinese ravioli, deep fried, steamed or added to soup

WON TON SKINS: thin pasta sheets (slightly thicker than egg roll skins and cut smaller in size)